



Black and White Chocolate Petit Fours

READY IN



60 min.

SERVINGS



24

CALORIES



125 kcal

DESSERT

Ingredients

- ☐ 2 cups cake flour sifted
- ☐ 0.3 cup cocoa powder
- ☐ 2 tablespoons cornstarch
- ☐ 1 extra large egg white
- ☐ 0.8 cup powdered sugar
- ☐ 1 pinch salt
- ☐ 1 Dash vanilla
- ☐ 0.5 pound plus 2 sticks

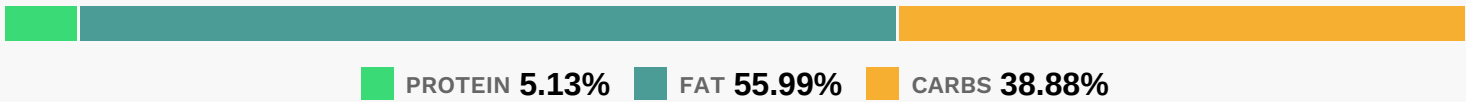
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer
- ☐ pastry bag

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Place the butter, sugar, salt, and vanilla into the bowl of a stand mixer with the paddle attachment.
- ☐ Mix at low speed. When combined, add egg white then barely incorporate the flour.
- ☐ Divide the mixture in half.
- ☐ Add the cocoa powder to one half and the cornstarch to the other half.
- ☐ Place each batter a separate pastry bag, then place both bags inside a larger pastry bag fitted with a 3/4-inch star tip.
- ☐ Pipe rosettes or drops onto a parchment paper lined baking sheet.
- ☐ Bake for 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:4.9, Inflammation Score:-2, Nutrition Score:1.5930434685686%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 125.19kcal (6.26%), Fat: 7.96g (12.25%), Saturated Fat: 4.95g (30.97%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 11.85g (4.31%), Sugar: 3.73g (4.15%), Cholesterol: 20.32mg (6.77%), Sodium: 64.98mg (2.83%), Alcohol: Og (100%), Alcohol %: 0.01% (100%), Protein: 1.64g (3.28%), Selenium: 4.65µg (6.64%), Manganese: 0.12mg (5.88%), Vitamin A: 236.36IU (4.73%), Copper: 0.05mg (2.69%), Fiber: 0.59g (2.35%), Phosphorus: 19.22mg (1.92%), Magnesium: 7.42mg (1.86%), Vitamin E: 0.26mg (1.75%), Iron: 0.23mg (1.26%), Zinc: 0.16mg (1.06%), Vitamin B2: 0.02mg (1.05%), Folate: 4.06µg (1.01%)