



Black and White Cookies

READY IN



105 min.

SERVINGS



45

CALORIES



76 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 1 tsp calumet baking powder
- 1 eggs
- 1.5 cups flour
- 0.3 tsp salt
- 8 oz baker's semi-sweet chocolate melted
- 0.7 cup sugar
- 1.5 tsp vanilla

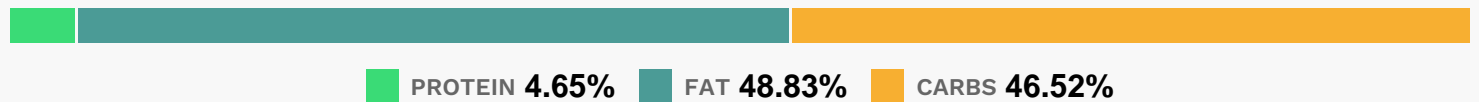
Equipment

- bowl
- baking sheet
- baking paper
- oven
- blender
- cookie cutter

Directions

- Mix first 3 ingredients; set aside. Beat butter and sugar in large bowl with mixer until light and fluffy. Blend in egg and vanilla.
- Add flour mixture; mix well. Refrigerate 1 hour.
- Roll out dough to 1/8-inch thickness on lightly floured surface.
- Cut into heart shapes with 2-inch cookie cutter, rerolling trimmings.
- Place, 2 inches apart, on parchment paper-covered baking sheets. Refrigerate 30 min.
- Heat oven to 350F.
- Bake cookies 10 min. or until edges are lightly browned. Cool on baking sheets 3 min.; remove to wire racks. Cool completely.
- Dip 1 side of each cookie in chocolate. Return to racks; let stand until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:4.4, Inflammation Score:-1, Nutrition Score:1.5660869543967%

Nutrients (% of daily need)

Calories: 75.7kcal (3.78%), Fat: 4.12g (6.34%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 8.31g (3.02%), Sugar: 4.84g (5.38%), Cholesterol: 9.36mg (3.12%), Sodium: 42.93mg (1.87%), Alcohol: 0.05g (100%), Alcohol %: 0.38% (100%), Caffeine: 4.33mg (1.44%), Protein: 0.88g (1.77%), Manganese:

0.1mg (4.8%), Copper: 0.07mg (3.5%), Selenium: 2.18µg (3.11%), Iron: 0.54mg (3.02%), Magnesium: 10mg (2.5%), Vitamin B1: 0.03mg (2.32%), Phosphorus: 22.59mg (2.26%), Fiber: 0.52g (2.06%), Folate: 8.16µg (2.04%), Vitamin B2: 0.03mg (1.71%), Vitamin B3: 0.29mg (1.45%), Vitamin A: 70.83IU (1.42%), Zinc: 0.18mg (1.19%), Calcium: 11.48mg (1.15%), Potassium: 35.28mg (1.01%)