



Black and White Cookies

 Vegetarian

READY IN



280 min.

SERVINGS



12

CALORIES



352 kcal

DESSERT

Ingredients

- 2.3 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 0.5 cup butter softened
- 1 cup granulated sugar
- 1 eggs
- 1 teaspoon vanilla

- 0.5 teaspoon lemon extract
- 0.3 cup buttermilk
- 0.3 cup butter
- 2 cups powdered sugar
- 2 tablespoons water hot
- 1 tablespoon cocoa powder dark
- 2 teaspoons water hot

Equipment

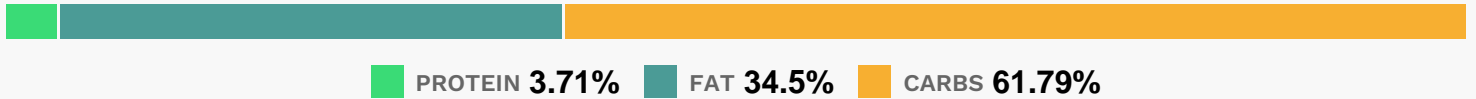
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 350°F. In medium bowl, mix flour, baking powder, baking soda and salt; set aside.
- In large bowl, beat 1/2 cup softened butter and the granulated sugar with electric mixer on medium speed about 1 minute or until fluffy; scrape side of bowl. Beat in egg, vanilla and lemon extract just until smooth. Beat in buttermilk. On low speed, gradually beat flour mixture into butter mixture until well blended. Drop dough by level 1/4 cupfuls on large ungreased cookie sheets 3 inches apart.
- Bake 13 to 15 minutes or until edges are set. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 30 minutes.
- In 2-quart saucepan, melt 1/3 cup butter over low heat; remove from heat. Stir in powdered sugar. Stir in hot water, 1 tablespoon at a time, until icing is smooth and has the consistency of thick syrup.
- Place waxed paper or cooking parchment paper under cooling racks.

- Spread a generous teaspoon of vanilla icing on half of each cookie. To remaining icing, stir in cocoa until blended. Stir in hot water, 1 tablespoon at a time, until icing is smooth and has the consistency of thick syrup.
- Spread a generous teaspoon of chocolate icing over remaining uncovered half of each cookie.
- Let stand about 3 hours or until set. Store covered in airtight container with waxed paper between layers.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:24.76, Inflammation Score:-4, Nutrition Score:4.7382608444794%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 351.77kcal (17.59%), Fat: 13.69g (21.07%), Saturated Fat: 8.41g (52.59%), Carbohydrates: 55.18g (18.39%), Net Carbohydrates: 54.39g (19.78%), Sugar: 36.65g (40.73%), Cholesterol: 48.27mg (16.09%), Sodium: 292.72mg (12.73%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 3.31g (6.63%), Selenium: 9.76µg (13.94%), Vitamin B1: 0.19mg (12.65%), Folate: 45.55µg (11.39%), Vitamin B2: 0.16mg (9.27%), Manganese: 0.18mg (8.98%), Vitamin A: 424.74IU (8.49%), Iron: 1.27mg (7.07%), Vitamin B3: 1.41mg (7.05%), Phosphorus: 52.4mg (5.24%), Calcium: 37.7mg (3.77%), Fiber: 0.79g (3.15%), Copper: 0.06mg (2.86%), Vitamin E: 0.42mg (2.82%), Magnesium: 8.82mg (2.21%), Vitamin B5: 0.2mg (2.03%), Zinc: 0.28mg (1.89%), Vitamin B12: 0.09µg (1.5%), Potassium: 50.57mg (1.44%), Vitamin K: 1.22µg (1.16%), Vitamin D: 0.16µg (1.07%)