

Black and White Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup buttermilk well-shaken
- ☐ 1.5 cups powdered sugar
- ☐ 1 tablespoon plus light
- ☐ 0.3 cup dutch-processed cocoa powder unsweetened
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 5.3 tablespoons butter unsalted softened
- ☐ 0.3 teaspoon vanilla
- ☐ 1 tablespoons water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk together flour, baking soda, and salt in a bowl. Stir together buttermilk and vanilla in a cup.
- ☐ Beat together butter and sugar in a large bowl with an electric mixer until pale and fluffy, about 3 minutes, then add egg, beating until combined well.
- ☐ Mix in flour mixture and buttermilk mixture alternately in batches at low speed (scraping down side of bowl occasionally), beginning and ending with flour mixture.
- ☐ Mix until smooth.
- ☐ Spoon 1/4 cups of batter about 2 inches apart onto a buttered large baking sheet.
- ☐ Bake in middle of oven until tops are puffed and pale golden, and cookies spring back when touched, 15 to 17 minutes.
- ☐ Transfer with a metal spatula to a rack and chill (to cool quickly), about 5 minutes.
- ☐ Stir together confectioners sugar, corn syrup, lemon juice, vanilla, and 1 tablespoon water in a small bowl until smooth.

- ☐
- Transfer half of icing to another bowl and stir in cocoa, adding more water, 1/2 teaspoon at a time, to thin to same consistency as white icing.
- ☐
- Turn cookies flat sides up, then spread white icing over half of each and chocolate over other half.
- ☐
- If you can stand the wait, cookies taste better if cooled without being chilled.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:20.06, Inflammation Score:-3, Nutrition Score:5.2300000190735%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 303.35kcal (15.17%), Fat: 9.1g (14.01%), Saturated Fat: 5.43g (33.92%), Carbohydrates: 54.12g (18.04%), Net Carbohydrates: 52.59g (19.12%), Sugar: 37.26g (41.4%), Cholesterol: 44.42mg (14.81%), Sodium: 237.5mg (10.33%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.74g (7.47%), Selenium: 9.62µg (13.74%), Manganese: 0.24mg (12.05%), Vitamin B1: 0.17mg (11%), Folate: 40.57µg (10.14%), Vitamin B2: 0.16mg (9.34%), Iron: 1.42mg (7.87%), Copper: 0.14mg (7.08%), Phosphorus: 64.04mg (6.4%), Vitamin B3: 1.23mg (6.15%), Fiber: 1.53g (6.1%), Vitamin A: 283.57IU (5.67%), Magnesium: 19.78mg (4.95%), Zinc: 0.46mg (3.09%), Vitamin D: 0.4µg (2.63%), Potassium: 88.34mg (2.52%), Calcium: 24.55mg (2.46%), Vitamin B5: 0.24mg (2.38%), Vitamin E: 0.31mg (2.04%), Vitamin B12: 0.12µg (1.96%), Vitamin B6: 0.03mg (1.34%)