



Black and White Striped Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



60 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 large egg yolk
- ☐ 3.3 ounces flour all-purpose
- ☐ 5.5 ounces flour all-purpose
- ☐ 2 tablespoons water
- ☐ 0.5 cup powdered sugar
- ☐ 1 cup powdered sugar
- ☐ 0.1 teaspoon salt

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ To prepare vanilla dough, lightly spoon 1 1/4 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 1 1/4 cups flour and 1/8 teaspoon salt, stirring well with a whisk.
- ☐ Place 1/2 cup sugar, 1/4 cup butter, and 1 egg yolk in a medium bowl; beat with a mixer at medium speed until smooth. Beat in 1 1/2 teaspoons vanilla. Gradually add flour mixture to butter mixture, beating at low speed just until combined.
- ☐ Sprinkle 2 tablespoons ice water over surface of dough; beat just until moist. (Dough will be slightly crumbly.) Press dough into a 4-inch circle on plastic wrap; cover and chill 1 hour or until firm.
- ☐ To prepare chocolate dough, lightly spoon 3/4 cup flour into dry measuring cups; level with a knife.
- ☐ Combine 3/4 cup flour, cocoa, and 1/8 teaspoon salt, stirring well with a whisk.
- ☐ Place 1 cup sugar, 1/4 cup butter, and 1 egg yolk in a medium bowl; beat with a mixer at medium speed until smooth. Beat in 1/2 teaspoon vanilla. Gradually add cocoa mixture to butter mixture, beating at low speed just until combined.

- ☐ Sprinkle 2 tablespoons ice water over surface of dough; beat just until moist. Press dough into a 4-inch circle on plastic wrap; cover and chill 1 hour or until firm.
- ☐ Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place chilled vanilla dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into a 12 x 8-inch rectangle.
- ☐ Place dough in freezer 5 minutes or until plastic wrap can easily be removed.
- ☐ Remove top sheets of plastic wrap.
- ☐ Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place chilled chocolate dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into a 12 x 8-inch rectangle.
- ☐ Place dough in freezer 5 minutes or until plastic wrap can easily be removed.
- ☐ Remove top sheets of plastic wrap.
- ☐ Place vanilla dough on top of chocolate dough, plastic wrap side up.
- ☐ Remove plastic wrap from vanilla dough; turn dough over onto a lightly floured surface.
- ☐ Remove plastic wrap from chocolate dough.
- ☐ Cut dough stack in half crosswise to form 2 (8 x 6-inch) rectangles. Stack one rectangle on top of the other, alternating vanilla and chocolate doughs; wrap in plastic wrap. Freeze 10 minutes or until firm and plastic wrap can easily be removed.
- ☐ Cut the dough crosswise into 6 (6 x 1 1/3-inch) strips. Stack 2 strips on top of each other to form a stack, alternating vanilla and chocolate to form a striped pattern; wrap in plastic wrap, pressing gently. Repeat procedure with remaining 4 strips to form 2 stacks (there will be 3 stacks total). Chill 30 minutes or until very firm.
- ☐ Preheat oven to 37
- ☐ Working with 1 stack at a time, unwrap dough. Carefully slice each stack into 12 slices.
- ☐ Place dough slices 2 inches apart on baking sheets lined with parchment paper.
- ☐ Bake at 375 for 12 minutes. Cool on pans 5 minutes.
- ☐ Remove cookies from pans; cool completely on wire racks.

Nutrition Facts



 PROTEIN **6.29%**  FAT **23.21%**  CARBS **70.5%**

Properties

Glycemic Index:5.56, Glycemic Load:3.84, Inflammation Score:-1, Nutrition Score:1.4491304431273%

Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 60.05kcal (3%), Fat: 1.58g (2.43%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.32g (3.75%), Sugar: 4.95g (5.5%), Cholesterol: 8.49mg (2.83%), Sodium: 18.91mg (0.82%), Alcohol: 0.08g (100%), Alcohol %: 0.61% (100%), Protein: 0.96g (1.93%), Selenium: 2.78µg (3.97%), Manganese: 0.08mg (3.95%), Vitamin B1: 0.06mg (3.74%), Folate: 13.72µg (3.43%), Iron: 0.45mg (2.5%), Vitamin B2: 0.04mg (2.38%), Vitamin B3: 0.43mg (2.15%), Copper: 0.04mg (2.06%), Fiber: 0.48g (1.93%), Phosphorus: 15.59mg (1.56%), Magnesium: 5.59mg (1.4%)