



Black Cat Sandwich Cookies

READY IN



85 min.

SERVINGS



18

CALORIES



151 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1.5 ounces bittersweet chocolate finely chopped
- ☐ 0.5 cup butter softened
- ☐ 2 cups cake flour
- ☐ 2 tablespoons dutch-processed cocoa powder
- ☐ 2 tablespoons milk 2% reduced-fat
- ☐ 0.5 cup powdered sugar
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon salt

- ☐ 1 Dash salt
- ☐ 1.5 teaspoons vanilla extract

Equipment

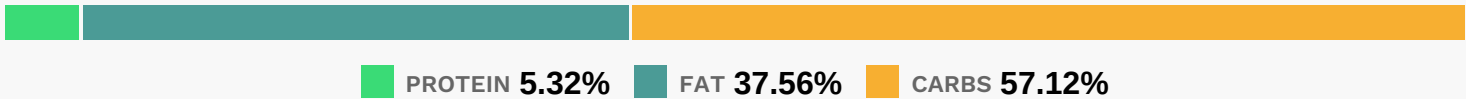
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cookies, weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 1/2 teaspoon salt, and baking powder, stirring with a whisk.
- ☐ Place powdered sugar and butter in a large bowl. Beat with a mixer at medium-high speed until well blended.
- ☐ Add 2 tablespoons milk and vanilla; beat 1 minute or until well combined.
- ☐ Add the flour mixture; beat on low speed until just combined.
- ☐ Shape the dough into a 6-inch disk. Cover tightly with plastic wrap; chill 30 minutes. Discard plastic.
- ☐ Roll dough to a 1/4-inch thickness on a lightly floured surface.

- ☐ Cut out 36 (2-inch) round cookies, rerolling scraps as necessary. Using a small decorative cookie cutter, cut a cat-shaped opening in 18 rounds.
- ☐ Place cookies 1 inch apart on baking sheets lined with parchment paper.
- ☐ Bake at 350 for 14 minutes or until lightly browned. Cool on a wire rack.
- ☐ To prepare filling, combine chocolate and 2 tablespoons milk in a microwave-safe dish; microwave at HIGH for 1 minute or until melted, stirring every 15 seconds. Stir just until smooth.
- ☐ Combine 1/2 cup powdered sugar, cocoa, and dash of salt in a bowl, stirring well with a whisk.
- ☐ Add chocolate mixture to sugar mixture; stir just until smooth. (
- ☐ Mixture will thicken as it cools.) Divide chocolate mixture evenly among 18 whole cookies; spread in a thin, even layer. Top each cookie with a cut-out cookie.

Nutrition Facts



Properties

Glycemic Index:11.61, Glycemic Load:6.54, Inflammation Score:-1, Nutrition Score:1.9926087065883%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 151.02kcal (7.55%), Fat: 6.36g (9.78%), Saturated Fat: 3.86g (24.13%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 21.03g (7.65%), Sugar: 10.83g (12.03%), Cholesterol: 13.83mg (4.61%), Sodium: 114.83mg (4.99%), Alcohol: 0.11g (100%), Alcohol %: 0.41% (100%), Caffeine: 3.31mg (1.1%), Protein: 2.03g (4.05%), Selenium: 5.96µg (8.51%), Manganese: 0.16mg (8.21%), Copper: 0.08mg (3.85%), Vitamin A: 160.73IU (3.21%), Fiber: 0.73g (2.91%), Phosphorus: 27.98mg (2.8%), Magnesium: 10.77mg (2.69%), Iron: 0.37mg (2.03%), Zinc: 0.23mg (1.56%), Vitamin E: 0.22mg (1.45%), Folate: 5.03µg (1.26%), Potassium: 40.29mg (1.15%), Calcium: 11.21mg (1.12%), Vitamin B2: 0.02mg (1.07%)