



Brown Sugar Sponge Cookie w/ Chocolate Covered Caramels

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



50 kcal

DESSERT

Ingredients

- 0.3 cup flour
- 0.5 teaspoon double-acting baking powder
- 0.3 cup t brown sugar dark packed
- 2 large eggs separated
- 0.1 teaspoon lemon zest grated
- 0.1 teaspoon salt
- 0.5 teaspoon vanilla extract

24 rolos (or other chocolate covered caramels)

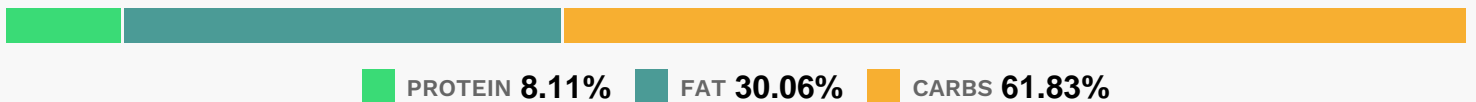
Equipment

- bowl
- baking sheet
- baking paper
- oven
- stand mixer

Directions

- Preheat the oven to 375 degrees. Line baking sheets with parchment paper and spray with nonstick cooking spray. In the bowl of a stand mixer on medium speed, beat the egg whites until foamy.
- Add the baking powder, salt and sugar and continue beating on medium speed until stiff peaks form. In another bowl combine egg yolks, vanilla and lemon zest, beat with fork until thoroughly mixed. Fold the yolks into the egg white mixture just until combined. Sift the flour over the egg mixture and fold in until the batter is smooth and light. Drop just about 2 teaspoons of batter for each cookie about 2 inches apart onto baking sheets. Top each off with a Rolo in the center and press down lightly.
- Bake for 12 minutes or until golden. Cool on the sheets for 5 minutes then move to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index: 6.96, Glycemic Load: 0.98, Inflammation Score: -1, Nutrition Score: 0.84478260869565%

Taste

Sweetness: 100%, Saltiness: 25.48%, Sourness: 3.12%, Bitterness: 1.64%, Savoriness: 14.3%, Fattiness: 35.88%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 49.72kcal (2.49%), Fat: 1.67g (2.57%), Saturated Fat: 1g (6.27%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 7.62g (2.77%), Sugar: 6.09g (6.76%), Cholesterol: 16.22mg (5.41%), Sodium: 38.83mg (1.69%), Protein: 1.01g (2.02%), Selenium: 1.9µg (2.71%), Vitamin B2: 0.03mg (2.05%), Calcium: 18.12mg (1.81%), Phosphorus: 16.31mg (1.63%), Folate: 5.16µg (1.29%), Iron: 0.2mg (1.14%), Vitamin B1: 0.02mg (1.1%)