



Butter Cookies with Dulce de Leche

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



90 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 tablespoon brandy
- 0.3 cup cornstarch
- 0.3 cup dulce de leche
- 2 large egg yolk
- 0.8 cup flour all-purpose
- 0.3 cup granulated sugar
- 0.1 teaspoon salt

- 6 tablespoons butter unsalted softened
- 0.3 teaspoon vanilla

Equipment

- bowl
- baking sheet
- oven
- whisk
- hand mixer
- rolling pin

Directions

- Put oven rack in middle position and preheat oven to 350°F. Butter a large baking sheet.
- Whisk together cornstarch, 3/4 cup flour, baking powder, and salt in a small bowl.
- Beat together butter and sugar in a large bowl with an electric mixer until light and fluffy, then beat in egg yolks, Pisco, and vanilla. Stir in flour mixture until combined, adding 1 to 2 tablespoons flour if dough is sticky. (Dough should be soft.)
- Form dough into a disk and roll out into an 11-inch round (1/8 inch thick) on a lightly floured surface with a lightly floured rolling pin.
- Cut out 32 rounds with cutter (reroll scraps if necessary) and transfer to sheet, arranging rounds 1/2 inch apart.
- Bake until firm and pale golden around edges, 12 to 15 minutes.
- Transfer to a rack and cool 10 minutes.
- Sandwich cookies with about 1/2 teaspoon dulce de leche. Dust with confectioners sugar.
- Cookies can be made, but not filled, 3 days ahead and cooled completely, then kept in an airtight container at room temperature.*Available at Latin markets and many supermarkets.

Nutrition Facts



PROTEIN 4.5% FAT 49.74% CARBS 45.76%

Properties

Glycemic Index:18.38, Glycemic Load:5.43, Inflammation Score:-1, Nutrition Score:1.4660869551742%

Nutrients (% of daily need)

Calories: 90.38kcal (4.52%), Fat: 4.89g (7.52%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.94g (3.61%), Sugar: 3.16g (3.51%), Cholesterol: 34.24mg (11.41%), Sodium: 26.79mg (1.16%), Alcohol: 0.33g (100%), Alcohol %: 1.79% (100%), Protein: 0.99g (1.99%), Selenium: 3.32µg (4.75%), Folate: 13.98µg (3.5%), Vitamin B1: 0.05mg (3.34%), Vitamin A: 161.84IU (3.24%), Vitamin B2: 0.04mg (2.51%), Manganese: 0.04mg (2.16%), Iron: 0.35mg (1.96%), Phosphorus: 17.63mg (1.76%), Vitamin B3: 0.35mg (1.75%), Vitamin D: 0.19µg (1.29%), Vitamin E: 0.18mg (1.2%)