



Candied Rose Petal and Chocolate Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 1 egg yolk
- ☐ 2.3 cups flour all-purpose
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 0.5 cup brown sugar light
- ☐ 0.5 cup rose hips
- ☐ 0.5 teaspoon salt
- ☐ 2 cups bittersweet chocolate finely chopped

- ☐ 1 cup sugar
- ☐ 12 tablespoons butter unsalted ()

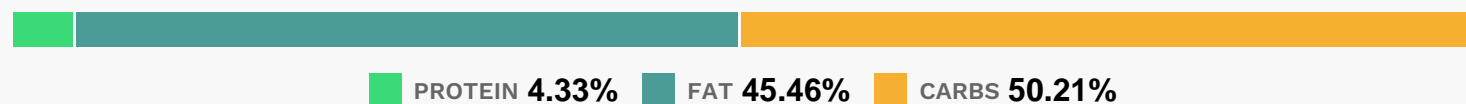
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ microwave
- ☐ ice cream scoop

Directions

- ☐ Preheat the oven to 350°F. Line a cookie sheet with parchment paper. In a large microwave-safe bowl, melt butter, sugar, and brown sugar together in a microwave for 15 to 30 seconds on low power.
- ☐ Let the butter-sugar mixture cool just a bit then blend in the egg and egg yolk.
- ☐ Add the heavy cream and rose spread. Stir until just combined and set aside. Do not overmix.
- ☐ In a medium bowl, sift together the flour, baking soda, and salt and carefully fold into the wet mixture. Gently add the chocolate, mixing it well. Freeze the dough just until cold and firm, about 5 minutes.
- ☐ Using a 2-ounce ice cream scoop, drop the dough 3 inches apart onto prepared cookie sheet.
- ☐ Bake for 10 to 12 minutes, or until the edges of the cookies begin to brown.
- ☐ Transfer the cookies to a rack to cool.
- ☐ From Flavors First: An Indian Chef's Culinary Journey by Vikas Khanna. Recipes copyright © 2011 by Vikas Khanna; photography © 2011 Vikas Khanna, Andrew Blackmore-Dobbyn, and Ronnie Bhardwaj. Published by Lake Isle Press.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:12.29, Inflammation Score:-4, Nutrition Score:5.602608639261%

Nutrients (% of daily need)

Calories: 240.71kcal (12.04%), Fat: 12.26g (18.87%), Saturated Fat: 7.25g (45.32%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 28.36g (10.31%), Sugar: 18.27g (20.3%), Cholesterol: 33.19mg (11.06%), Sodium: 101.64mg (4.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.54mg (4.18%), Protein: 2.63g (5.26%), Manganese: 0.3mg (15.24%), Vitamin C: 11.28mg (13.67%), Copper: 0.21mg (10.4%), Selenium: 6.47µg (9.24%), Iron: 1.59mg (8.83%), Fiber: 2.12g (8.48%), Magnesium: 31mg (7.75%), Vitamin A: 337.62IU (6.75%), Vitamin B1: 0.1mg (6.66%), Phosphorus: 61.83mg (6.18%), Folate: 23.9µg (5.98%), Vitamin B2: 0.09mg (5.25%), Vitamin B3: 0.86mg (4.3%), Zinc: 0.53mg (3.54%), Potassium: 119.41mg (3.41%), Vitamin E: 0.46mg (3.08%), Calcium: 23.83mg (2.38%), Vitamin K: 2.31µg (2.2%), Vitamin B5: 0.19mg (1.88%), Vitamin D: 0.21µg (1.38%), Vitamin B12: 0.07µg (1.22%), Vitamin B6: 0.02mg (1.04%)