



Cardamom Print Sandwich Cookies

 Vegetarian

READY IN



110 min.

SERVINGS



24

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon cardamom
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter

- ☐ 1.3 cups powdered sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 4 teaspoons milk

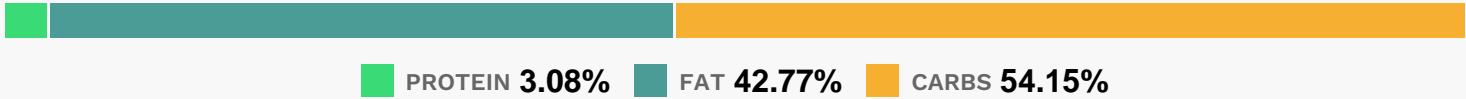
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ In large bowl, combine brown sugar and 1 cup butter; beat until light and fluffy.
- ☐ Add egg; blend well.
- ☐ Add flour, cardamom and cinnamon; mix well. If necessary, cover with plastic wrap; refrigerate 1 hour for easier handling.
- ☐ Heat oven to 350°F. Shape dough into 1-inch balls; roll in sugar.
- ☐ Place 2 inches apart on ungreased cookie sheets. For each cookie, dip bottom of glass that has textured base in sugar; flatten dough ball to form 1 1/2-inch round.
- ☐ Bake at 350°F. for 6 to 10 minutes or until firm to the touch. Immediately remove from cookie sheets. Cool 15 minutes or until completely cooled.
- ☐ Melt 2 tablespoons butter in medium saucepan over medium heat; cook until light golden brown.
- ☐ Remove from heat. Stir in all remaining filling ingredients, adding enough milk for desired spreading consistency. For each sandwich cookie, spread about 1 teaspoon filling between 2 cooled cookies.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:7.23, Inflammation Score:-2, Nutrition Score:2.2817391324788%

Nutrients (% of daily need)

Calories: 185.09kcal (9.25%), Fat: 8.93g (13.74%), Saturated Fat: 5.55g (34.69%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 25.1g (9.13%), Sugar: 17.18g (19.09%), Cholesterol: 29.76mg (9.92%), Sodium: 74.19mg (3.23%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.45g (2.9%), Selenium: 4.38µg (6.26%), Manganese: 0.12mg (5.79%), Vitamin B1: 0.08mg (5.58%), Vitamin A: 277.01IU (5.54%), Folate: 20.34µg (5.08%), Vitamin B2: 0.07mg (3.91%), Iron: 0.61mg (3.37%), Vitamin B3: 0.63mg (3.17%), Phosphorus: 18.84mg (1.88%), Vitamin E: 0.27mg (1.83%), Calcium: 15.02mg (1.5%), Fiber: 0.35g (1.4%), Copper: 0.02mg (1.09%), Vitamin B5: 0.1mg (1.01%)