

Chocolate Covered Marshmallow Cookies

READY IN



25 min.

SERVINGS



24

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.4 teaspoon baking soda
- ☐ 12 tablespoons butter
- ☐ 0.3 cup plus light
- ☐ 2 egg whites
- ☐ 3 eggs
- ☐ 3 cups flour
- ☐ 1 tablespoon powdered gelatin
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 teaspoon salt
- ☐ 12 ounces bittersweet chocolate
- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 2 ounces vegetable oil
- ☐ 0.3 cup water
- ☐ 2 tablespoons water cold

Equipment

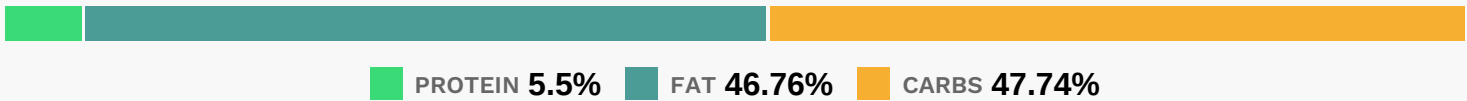
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ double boiler
- ☐ cookie cutter
- ☐ pastry bag
- ☐ candy thermometer

Directions

- ☐ Blend the dry ingredients in a mixer fitted with a paddle attachment.
- ☐ Add the butter and mix on low speed until sandy.
- ☐ Add the eggs and mix to combine. Form the dough into a disk, wrap and refrigerate at least 1 hour and up to 3 days. When ready to bake, grease a cookie sheet or line it with parchment paper or a nonstick baking mat.
- ☐ Heat the oven to 375 degrees F.

- ☐ On a lightly floured surface, roll out the dough to 1/8-inch thickness. Use a cookie cutter to cut out small rounds of dough, 1 to 1 1/2 inches.
- ☐ Transfer to the prepared pan and bake until light golden brown, about 10 minutes.
- ☐ Let cool to room temperature.
- ☐ Pipe a "kiss" of marshmallow onto each cookie.
- ☐ Let set at room temperature for 2 hours.
- ☐ Line a cookie sheet with parchment or a nonstick baking mat. One at a time, gently drop the marshmallow-topped cookies into the hot chocolate. Lift out with a fork and let excess chocolate drip back into the bowl.
- ☐ Place on the prepared pan and let set at room temperature until the coating is firm, about 1 to 2 hours.
- ☐ Combine the water, corn syrup, and sugar in a saucepan, bring to a boil until "soft-ball" stage, or 235 degrees on a candy thermometer. Meanwhile, sprinkle the gelatin over the cold water and let dissolve.
- ☐ Remove the syrup from the heat, add the gelatin, and mix. Whip the whites until soft peaks form and pour the syrup into the whites.
- ☐ Add the vanilla and continue whipping until stiff.
- ☐ Transfer to a pastry bag.
- ☐ Chocolate Glaze: Melt the 2 ingredients together in the top of a double boiler or a bowl set over barely simmering water.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:16.45, Inflammation Score:-3, Nutrition Score:5.4986956896989%

Nutrients (% of daily need)

Calories: 270.61kcal (13.53%), Fat: 14.19g (21.83%), Saturated Fat: 7.28g (45.49%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 31.01g (11.28%), Sugar: 18.42g (20.46%), Cholesterol: 36.36mg (12.12%), Sodium: 140.57mg (6.11%), Alcohol: 0.01g (100%), Alcohol %: 0.03% (100%), Caffeine: 12.19mg (4.06%), Protein: 3.76g (7.52%), Manganese: 0.3mg (15.22%), Selenium: 8.95µg (12.79%), Copper: 0.21mg (10.59%), Iron: 1.75mg (9.71%), Vitamin B1: 0.13mg (8.8%), Folate: 31.58µg (7.89%), Magnesium: 29.66mg (7.42%), Vitamin B2: 0.13mg (7.37%), Phosphorus:

69.56mg (6.96%), Fiber: 1.58g (6.31%), Vitamin K: 5.93µg (5.65%), Vitamin B3: 1.05mg (5.26%), Vitamin A: 211.84IU (4.24%), Zinc: 0.58mg (3.88%), Vitamin E: 0.51mg (3.38%), Potassium: 111mg (3.17%), Calcium: 24.7mg (2.47%), Vitamin B5: 0.21mg (2.08%), Vitamin B12: 0.09µg (1.48%), Vitamin B6: 0.02mg (1.07%)