



Chocolate Icebox Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



60 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 1 large egg white
- 0.8 cup flour all-purpose
- 0.7 cup granulated sugar
- 4 tablespoons butter softened
- 0.1 teaspoon salt
- 2 tablespoons sugar
- 0.3 cup cocoa unsweetened

1 teaspoon vanilla extract

Equipment

bowl

frying pan

baking sheet

oven

blender

wax paper

Directions

Combine first 4 ingredients in a bowl; set aside. Beat margarine at medium speed of a mixer until light and fluffy. Gradually add granulated sugar, beating at medium speed of a mixer until well-blended.

Add vanilla and egg white, and beat well.

Add flour mixture, and stir until well-blended. Turn dough out onto wax paper; shape into a 6-inch log. Wrap log in wax paper; freeze 3 hours or until very firm.

Preheat oven to 35

Roll log in turbinado sugar.

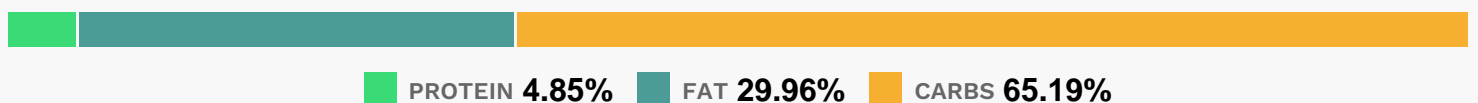
Cut log into 24 (1/4-inch) slices; place 1 inch apart on a baking sheet coated with cooking spray.

Bake at 350 for 8 to 10 minutes.

Remove from pan; cool on wire racks.

Chocolate-Peppermint Variation: Substitute 1 teaspoon of peppermint extract for the vanilla extract.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:6.03, Inflammation Score:-1, Nutrition Score:1.0804347689061%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 59.61kcal (2.98%), Fat: 2.06g (3.17%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.65g (3.51%), Sugar: 6.59g (7.33%), Cholesterol: 0mg (0%), Sodium: 48.16mg (2.09%), Alcohol: 0.06g (100%), Alcohol %: 0.47% (100%), Protein: 0.75g (1.5%), Manganese: 0.06mg (3.11%), Selenium: 1.76µg (2.52%), Vitamin B1: 0.03mg (2.11%), Copper: 0.04mg (2.03%), Folate: 7.51µg (1.88%), Fiber: 0.44g (1.75%), Vitamin B2: 0.03mg (1.74%), Iron: 0.31mg (1.74%), Vitamin A: 83.46IU (1.67%), Magnesium: 5.59mg (1.4%), Vitamin B3: 0.25mg (1.26%), Phosphorus: 11.56mg (1.16%)