



Chocolate Log Cookies

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



194 kcal

DESSERT

Ingredients

- 0.8 cup flour
- 2 cups powdered sugar
- 2 tablespoons milk
- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.5 cup butter unsalted softened
- 2 tablespoons cocoa powder unsweetened
- 0.5 teaspoon vanilla extract

- 1 tablespoon water boiling

Equipment

- bowl
- baking sheet
- baking paper
- oven
- plastic wrap
- hand mixer
- toothpicks
- pastry cutter

Directions

- Mix the flour, cocoa, and salt in a large bowl. Use a pastry cutter or two forks to cut in the butter until it forms fine crumbs.
- Stir in the sugar and vanilla until incorporated.
- Add the milk, mixing until it forms a stiff dough.
- Form the dough into a long log, about 1 inch in diameter (I broke it up into two logs, because they were pretty long). Wrap in plastic wrap and refrigerate for 30 minutes to an hour.
- Near the end of the cooling period, line a baking sheet with parchment paper; preheat your oven to 400°F.
- Remove the dough from the refrigerator and slice into 2-inch segments (they will sort of resemble fat tootsie rolls).
- Place the segments about 1 inch apart on the prepared cookie sheet.
- Bake until lightly browned and firm to the touch, 20–25 minutes.
- Transfer to wire racks to cool.
- While the cookies cool, prepare the frosting.
- Mix the cocoa with the water until smooth.
- Beat the butter in an electric mixer fitted with the paddle attachment until creamy.
- Add the cocoa mixture and continue mixing until smooth.

- Add the confectioners' sugar a little at a time until completely smooth.
- Spread the frosting on the top and sides of the cookies (leave the ends and the bottom unfrosted). Drag the tines of a fork (or a toothpick) gently across the frosting so that it resembles the bark of a log. Be sure to clean off the fork between cookies as frosting may accumulate on the tips of the tines. If desired, draw a spiral on the exposed ends so that it resembles the inside of a cross section of a log.

Nutrition Facts

 **PROTEIN 2.28%**  **FAT 35.99%** **CARBS 61.73%**

Properties

Glycemic Index:15.26, Glycemic Load:7.27, Inflammation Score:-2, Nutrition Score:1.949130454789%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 193.98kcal (9.7%), Fat: 7.96g (12.24%), Saturated Fat: 4.98g (31.15%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 30.18g (10.97%), Sugar: 23.9g (26.56%), Cholesterol: 20.64mg (6.88%), Sodium: 51.29mg (2.23%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 1.13g (2.27%), Vitamin A: 240.41IU (4.81%), Selenium: 3.05µg (4.36%), Manganese: 0.09mg (4.36%), Vitamin B1: 0.06mg (4.26%), Folate: 14.85µg (3.71%), Vitamin B2: 0.05mg (3.06%), Iron: 0.49mg (2.75%), Vitamin B3: 0.49mg (2.43%), Copper: 0.05mg (2.32%), Fiber: 0.52g (2.08%), Phosphorus: 19.36mg (1.94%), Magnesium: 6.4mg (1.6%), Vitamin E: 0.23mg (1.51%), Vitamin D: 0.17µg (1.13%)