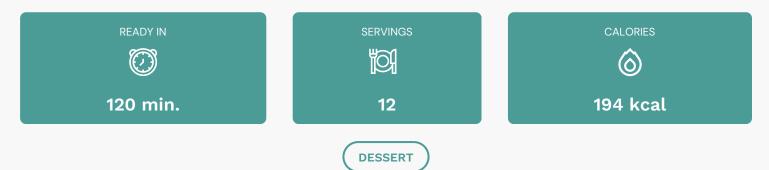


# **Chocolate Log Cookies**

🕭 Vegetarian



## 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

## 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 Quercetin: 0.08mg, 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%)