



## Chocolate-Orange Swirls

READY IN



45 min.

SERVINGS



30

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 1 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.5 teaspoons orange extract
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 teaspoon salt
- ☐ 2 ounce bittersweet chocolate cooled melted
- ☐ 1 cup sugar

- ☐ 1 teaspoon vanilla extract

## Equipment

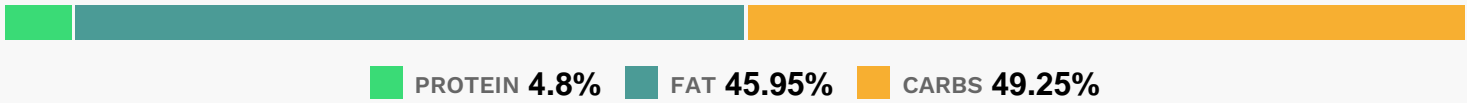
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ wax paper

## Directions

- ☐ Beat butter at medium speed of an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Add egg and vanilla; beat well.
- ☐ Combine flour, baking powder, and salt; stir well.
- ☐ Add flour mixture to butter mixture, beating at low speed.
- ☐ Remove half of dough from bowl.
- ☐ Add orange rind and orange extract to dough in bowl, and mix well.
- ☐ Remove orange dough from mixing bowl, and set aside. Return plain dough to mixing bowl; add melted chocolate, beating well. Cover and chill both portions of dough 1 hour.
- ☐ Roll each half of dough to a 15" x 8" rectangle on floured wax paper.
- ☐ Place orange dough on top of chocolate dough; peel off top wax paper. Tightly roll dough, jellyroll fashion, starting at short side and peeling wax paper from dough while rolling. Cover and chill 1 hour.
- ☐ Slice dough into 1/4" slices; place on ungreased cookie sheets.
- ☐ Bake at 350 for 10 to 12 minutes.
- ☐ Remove to wire racks to cool.
- ☐ Chocolate-Cherry Swirls: Substitute 1/2 cup drained minced maraschino cherries for orange rind and orange extract.
- ☐ Add 3 tablespoons all-purpose flour to cherry dough if it is too soft.

Note: To prevent flat-sided cookies, turn dough rolls halfway through the second chilling time.  
Dental floss makes cutting the dough easier.

## Nutrition Facts



## Properties

Glycemic Index:9.57, Glycemic Load:11.61, Inflammation Score:-2, Nutrition Score:2.5378260657839%

## Nutrients (% of daily need)

Calories: 139.3kcal (6.97%), Fat: 7.16g (11.02%), Saturated Fat: 4.38g (27.36%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 16.78g (6.1%), Sugar: 7.41g (8.23%), Cholesterol: 22.58mg (7.53%), Sodium: 92.12mg (4.01%), Alcohol: 0.05g (100%), Alcohol %: 0.19% (100%), Protein: 1.68g (3.36%), Selenium: 5.02µg (7.18%), Vitamin B1: 0.1mg (6.66%), Folate: 23.91µg (5.98%), Manganese: 0.11mg (5.57%), Vitamin B2: 0.07mg (4.37%), Iron: 0.76mg (4.2%), Vitamin A: 199.32IU (3.99%), Vitamin B3: 0.76mg (3.8%), Phosphorus: 27.93mg (2.79%), Copper: 0.04mg (2.17%), Fiber: 0.5g (1.98%), Calcium: 17.75mg (1.77%), Magnesium: 6.51mg (1.63%), Vitamin E: 0.21mg (1.41%), Zinc: 0.17mg (1.11%)