



Chocolate Raspberry Sablés

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 156 g all purpose flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 29 g cocoa powder
- ☐ 1 large eggs room temperature
- ☐ 0.3 cup freeze raspberries dried
- ☐ 0.5 teaspoon salt
- ☐ 150 g sugar
- ☐ 156 g butter unsalted room temperature

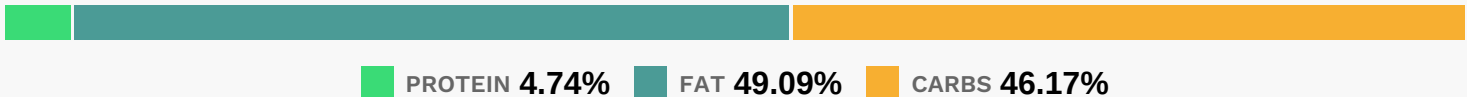
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Whisk together the flour, cocoa powder, baking powder and salt in a medium bowl. Beat butter in a stand mixer until light and creamy, about 3 minutes.
- ☐ Add sugar and cream for another 3–4 minutes until light and fluffy.
- ☐ Add in egg and beat to combine.
- ☐ Add in flour mixture and beat just until combine and the mixture starts to come together. Do not overmix – it should still be crumbly but if you press it together with your hands it will stick together. Divide dough in half and roll into 1 1/2 inch diameter logs. The dough should hold together; if it does not you can mix it a little more in the mixer but try not to turn it into a completely solid ball of dough. Wrap logs in plastic wrap and chill for a couple hours until firm. Preheat ovens to 325 degrees F. Line baking sheets with parchment paper or silicone baking mats. Using a sharp knife, slice 1/2" thick rounds from the cookie logs.
- ☐ Place cookies about 2 inches apart on baking sheets.
- ☐ Bake for 10 to 12 minutes, rotating halfway through.
- ☐ Remove from oven and let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.31, Glycemic Load:5.33, Inflammation Score:-1, Nutrition Score:1.349565224803%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 67.32kcal (3.37%), Fat: 3.82g (5.88%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.6g (2.76%), Sugar: 4.24g (4.71%), Cholesterol: 14.48mg (4.83%), Sodium: 40.94mg (1.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Manganese: 0.07mg (3.44%), Selenium: 2.08µg (2.97%), Vitamin B1: 0.04mg (2.38%), Vitamin A: 116.16IU (2.32%), Folate: 9.2µg (2.3%), Copper: 0.04mg (1.99%), Iron: 0.35mg (1.97%), Fiber: 0.49g (1.95%), Vitamin B2: 0.03mg (1.9%), Phosphorus: 15.92mg (1.59%), Vitamin B3: 0.28mg (1.41%), Magnesium: 5.49mg (1.37%)