



Chocolate Raspberry Sablés

READY IN



45 min.

SERVINGS



36

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 156 g all purpose flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 170 g bittersweet chocolate finely chopped (60–68%)
- ☐ 29 g cocoa powder
- ☐ 1 large eggs
- ☐ 3 large egg yolks
- ☐ 0.3 cup freeze raspberries dried
- ☐ 0.5 teaspoon salt
- ☐ 45 g sugar

- ☐ 156 g butter unsalted room temperature
- ☐ 30 ml water
- ☐ 200 ml whipping cream chilled

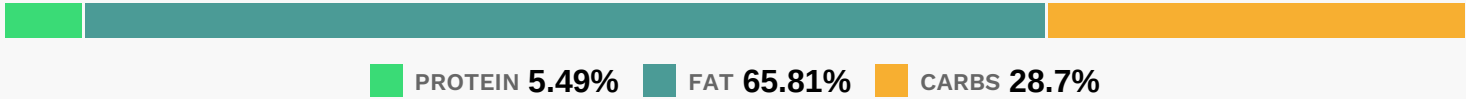
Equipment

- ☐ 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:3.29, Inflammation Score:-2, Nutrition Score:2.5439130301061%

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: 106.99kcal (5.35%), Fat: 8.01g (12.33%), Saturated Fat: 4.8g (30.02%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7g (2.54%), Sugar: 3.23g (3.59%), Cholesterol: 36.38mg (12.13%), Sodium: 43.62mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.91mg (1.97%), Protein: 1.5g (3.01%), Manganese: 0.13mg (6.6%), Copper: 0.1mg (5.02%), Selenium: 3.42µg (4.89%), Vitamin A: 221.IIU (4.42%), Iron: 0.7mg (3.86%), Phosphorus: 36.97mg (3.7%), Magnesium: 14.27mg (3.57%), Fiber: 0.87g (3.46%), Vitamin B2: 0.05mg (3.07%), Folate: 11.5µg (2.87%), Vitamin B1: 0.04mg (2.73%), Zinc: 0.28mg (1.89%), Vitamin D: 0.26µg (1.72%), Vitamin E: 0.24mg (1.63%), Vitamin B3: 0.33mg (1.63%), Potassium: 55.19mg (1.58%), Calcium: 15.54mg (1.55%), Vitamin B5: 0.12mg (1.22%), Vitamin B12: 0.06µg (1.08%)