



Chocolate Sandwich Cookies



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



55 kcal

DESSERT

Ingredients

- ☐ 1 cups confectioner's sugar
- ☐ 4 tablespoons butter unsalted at room temperature
- ☐ 1.3 teaspoons vanilla extract pure
- ☐ 4 tablespoons vegetable shortening

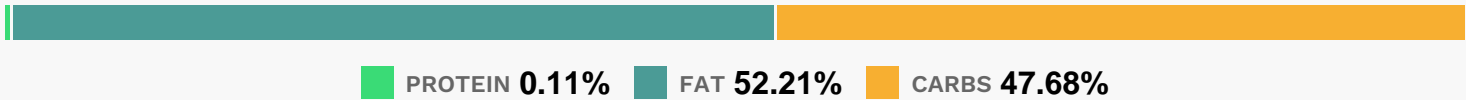
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix the butter, shortening, and vanilla until well blended.
- ☐ Add the first 1 cup of confectioner's sugar and stir until the sugar is incorporated completely into the butter mixture. The filling should be thick and stiff.
- ☐ Add more confectioner's sugar, one tablespoon at a time, to reach the desired consistency.
- ☐ Place one-half of the chocolate wafer cookies upside down on a level surface. Divide the filling among the cookies and flatten with wet hands or a spoon.
- ☐ Place the other half of the cookies right side up on top of the filling and press down gently to create sandwich cookies.
- ☐ Shoestring Savings
- ☐ Chocolate Sandwich Cookies
- ☐ On a shoestring: \$5.28 for 30 cookies
- ☐ If you bought it: \$7.50 for 30 cookies
- ☐ From the book Gluten-Free on a Shoestring by Nicole Hunn. Reprinted by arrangement with Da Capo Lifelong, a member of the Perseus Books Group. Copyright © 2011

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:4.65, Inflammation Score:-1, Nutrition Score:0.16608695718257%

Nutrients (% of daily need)

Calories: 54.62kcal (2.73%), Fat: 3.24g (4.99%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.66g (2.42%), Sugar: 6.68g (7.42%), Cholesterol: 4.01mg (1.34%), Sodium: 0.36mg (0.02%), Alcohol: 0.06g (100%), Alcohol %: 0.7% (100%), Protein: 0.02g (0.03%)