



Chocolate Sandwich Cookies

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2.5 cups confectioners' sugar sifted
- ☐ 1.8 cups flour all-purpose
- ☐ 15 servings food coloring red
- ☐ 0.8 teaspoon salt
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 8 tablespoons butter unsalted

- ☐ 15 tablespoons butter unsalted cut into cubes at room temperature
- ☐ 0.8 cup cocoa powder unsweetened

Equipment

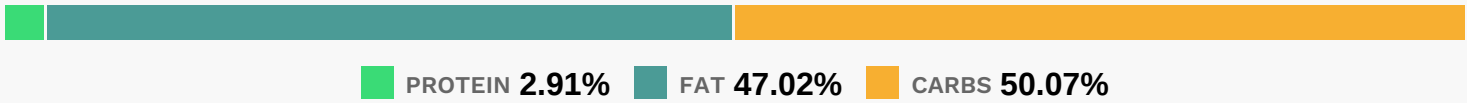
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Make cookies: Arrange racks on bottom and top thirds of oven; preheat oven to 350F. Line 2 baking sheets with parchment. In a bowl, using an electric mixer on low speed, combine sugar, flour, cocoa powder, baking soda and salt. Gradually add butter; slowly increase mixer speed to medium.
- ☐ Mixture will look crumbly at first, but continue mixing for about 8 minutes and it will come together in large clumps.
- ☐ Transfer dough to a well-floured work surface and knead briefly, then press into a small rectangle.
- ☐ Cut dough in half. Working with one piece at a time, roll dough to 1/4-inch thickness. Using a 1/2-inch round cutter, cut circles. Gather up scraps, reroll and cut as many cookies as possible.
- ☐ Transfer them to baking sheets.
- ☐ Bake cookies for 6 minutes, then rotate pans (top to bottom and front to back) and bake 6 minutes longer.
- ☐ Remove baking sheets from oven and place on wire racks for a few minutes to cool before transferring cookies to racks to cool completely. Repeat with remaining dough.
- ☐ Make filling: In a large bowl, using an electric mixer on high speed, beat butter until light and fluffy, about 3 minutes. Reduce mixer speed to low and gradually add salt and confectioners' sugar. Scrape down sides of bowl.
- ☐ Add food coloring, drop by drop, until filling takes on desired pink hue.

Transfer filling to a pastry bag. Pipe filling onto half the cookies, then sandwich them together with remaining cookies.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:15.03, Inflammation Score:-5, Nutrition Score:4.7904347647791%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 333.1kcal (16.66%), Fat: 18.18g (27.96%), Saturated Fat: 11.4g (71.23%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 41.57g (15.12%), Sugar: 29.67g (32.96%), Cholesterol: 46.15mg (15.38%), Sodium: 159.39mg (6.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.89mg (3.3%), Protein: 2.53g (5.06%), Manganese: 0.27mg (13.34%), Vitamin A: 536.45IU (10.73%), Copper: 0.19mg (9.48%), Selenium: 5.95µg (8.51%), Fiber: 1.98g (7.94%), Vitamin B1: 0.12mg (7.93%), Iron: 1.3mg (7.2%), Folate: 28.71µg (7.18%), Magnesium: 25.1mg (6.27%), Vitamin B2: 0.1mg (5.61%), Phosphorus: 52.46mg (5.25%), Vitamin B3: 0.96mg (4.82%), Vitamin E: 0.51mg (3.41%), Zinc: 0.42mg (2.78%), Potassium: 86.74mg (2.48%), Vitamin D: 0.32µg (2.15%), Vitamin K: 1.65µg (1.58%), Calcium: 13.22mg (1.32%)