



Chocolate Sandwich Cookies I

READY IN



70 min.

SERVINGS



24

CALORIES



290 kcal

DESSERT

Ingredients

- 3 teaspoons double-acting baking powder
- 0.8 cup butter softened
- 2 cups confectioners' sugar
- 2 eggs
- 3 cups flour all-purpose
- 7 ounce marshmallow crème
- 1 tablespoon milk
- 0.1 teaspoon salt
- 0.8 cup shortening

- 0.8 cup cocoa powder unsweetened
- 1.5 teaspoons vanilla extract
- 1.5 cups sugar white

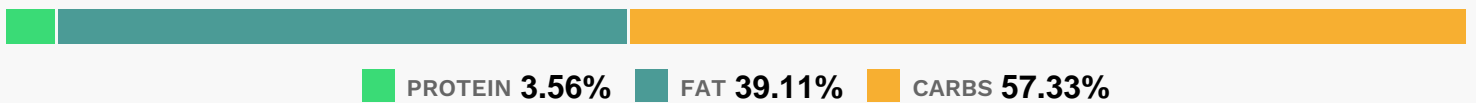
Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- blender
- hand mixer

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a large bowl, combine flour, white sugar, cocoa powder, 3/4 teaspoon salt, and baking powder. Stir in 1 1/2 cups milk, eggs, 1 1/2 teaspoons vanilla, and shortening.
- Mix until smooth using an electric mixer. Drop batter by rounded teaspoons onto ungreased cookie sheets. Leave space, and only use a teaspoon; these spread.
- Bake in preheated oven for 7 to 8 minutes.
- Remove from pan immediately, and cool on wire rack.
- To make the filling, combine the butter, confectioners' sugar, 1/8 teaspoon salt, marshmallow creme, 1 1/2 teaspoons vanilla, and 1 tablespoon milk in a medium bowl. Beat with mixer until fluffy.
- Spread filling on one cookie, and top with another sandwich style.

Nutrition Facts



Properties

Glycemic Index:13.55, Glycemic Load:17.49, Inflammation Score:-3, Nutrition Score:4.4169565050498%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 289.59kcal (14.48%), Fat: 13.09g (20.14%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 41.75g (15.18%), Sugar: 27.51g (30.57%), Cholesterol: 28.97mg (9.66%), Sodium: 117.65mg (5.12%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.68g (5.37%), Manganese: 0.21mg (10.61%), Selenium: 7.03µg (10.04%), Vitamin B1: 0.13mg (8.55%), Folate: 31.39µg (7.85%), Iron: 1.24mg (6.87%), Copper: 0.13mg (6.44%), Vitamin B2: 0.11mg (6.37%), Phosphorus: 57.17mg (5.72%), Fiber: 1.42g (5.67%), Vitamin B3: 0.99mg (4.94%), Magnesium: 17.67mg (4.42%), Vitamin E: 0.61mg (4.05%), Calcium: 40.01mg (4%), Vitamin A: 198.09IU (3.96%), Vitamin K: 4.03µg (3.84%), Zinc: 0.35mg (2.34%), Potassium: 66.19mg (1.89%), Vitamin B5: 0.19mg (1.85%)