



Chocolate Sandwich Cookies with Marshmallow Cream Filling

READY IN



45 min.

SERVINGS



16

CALORIES



198 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 5 tablespoons butter softened
- ☐ 0.3 cup light-colored corn syrup
- ☐ 2 large eggs
- ☐ 1 cup buttermilk fat-free
- ☐ 9 ounces flour all-purpose
- ☐ 2.5 teaspoons gelatin powder unflavored

- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 5 tablespoons cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup water cold divided

Equipment

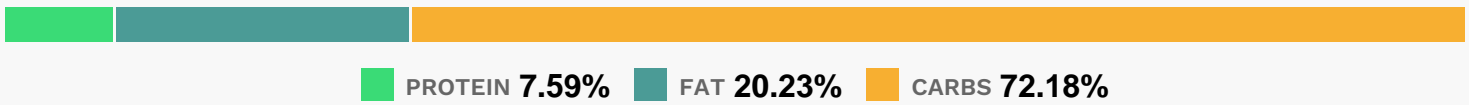
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 37
- ☐ To prepare cookies, combine 1 cup sugar and butter in a large bowl. Beat with a mixer at medium speed until well blended (about 2 minutes).
- ☐ Add 1 teaspoon vanilla and eggs; beat until combined. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cocoa, 1 teaspoon salt, baking powder, and baking soda; stir well with a whisk.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture.

- ☐ Drop dough by rounded tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray.
- ☐ Bake at 375 for 10 minutes or until set. Cool on pans 5 minutes.
- ☐ Remove from pans; cool completely on wire racks.
- ☐ To prepare filling, sprinkle gelatin over 1/2 cup cold water in a large bowl; set aside.
- ☐ Combine remaining 1/4 cup water, 1/2 cup sugar, syrup, and 1/8 teaspoon salt in a medium saucepan over medium-high heat. Cook, without stirring, until a candy thermometer registers 24
- ☐ Remove from heat. Gradually pour hot sugar syrup into softened gelatin mixture, beating with a mixer at low speed, then at high speed until thick (about 6 minutes), scraping sides of bowl occasionally.
- ☐ Add 1/2 teaspoon vanilla; beat until well blended.
- ☐ Quickly spread about 2 tablespoons filling over bottom side of 1 cookie; top with another cookie. Repeat procedure with remaining filling and cookies.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:22.74, Inflammation Score:-2, Nutrition Score:3.8269564755585%

Flavonoids

Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 198.11kcal (9.91%), Fat: 4.58g (7.05%), Saturated Fat: 2.6g (16.22%), Carbohydrates: 36.81g (12.27%), Net Carbohydrates: 35.8g (13.02%), Sugar: 23.69g (26.32%), Cholesterol: 32.95mg (10.98%), Sodium: 314.97mg (13.69%), Alcohol: 0.13g (100%), Alcohol %: 0.2% (100%), Caffeine: 3.59mg (1.2%), Protein: 3.87g (7.74%), Selenium: 7.99µg (11.41%), Vitamin B1: 0.13mg (8.83%), Manganese: 0.17mg (8.66%), Folate: 32.94µg (8.23%), Vitamin B2: 0.12mg (6.94%), Iron: 1.11mg (6.18%), Copper: 0.1mg (5.18%), Vitamin B3: 0.98mg (4.92%), Phosphorus: 47.86mg (4.79%), Fiber: 1.01g (4.04%), Magnesium: 12.56mg (3.14%), Vitamin A: 143.08IU (2.86%), Calcium: 27.25mg (2.73%), Zinc: 0.33mg (2.21%), Vitamin B5: 0.18mg (1.75%), Potassium: 51.65mg (1.48%), Vitamin E: 0.18mg (1.19%), Vitamin B12: 0.06µg (1.05%)