



Chocolate Spiderweb Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



109 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 large egg white
- 1 cup flour all-purpose
- 0.7 cup granulated sugar
- 3 tablespoons milk 2% reduced-fat
- 2 cups powdered sugar sifted
- 0.1 teaspoon salt
- 0.3 cup cocoa unsweetened
- 1 teaspoon vanilla extract

- 0.3 cup vegetable shortening

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- mixing bowl
- blender
- ziploc bags
- wax paper
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, cocoa, baking soda, and salt, stirring well with a whisk.
- Place shortening in a large mixing bowl; beat with a heavy-duty mixer at medium speed until light and fluffy. Gradually add the granulated sugar, 1 tablespoon at a time, beating until well blended.
- Add vanilla and egg white; beat well.
- Add flour mixture; beat until well blended.
- Turn dough out onto wax paper; shape into a 6-inch log. Wrap log in wax paper. Freeze 2 hours or until very firm.
- Cut log into 24 (1/4-inch) slices, and place slices 1 inch apart on baking sheets coated with cooking spray.
- Bake at 350 for 10 minutes or until set.
- Remove from pans; cool completely on wire racks.

- Combine powdered sugar and milk in a medium bowl; stir well with a whisk until smooth. Spoon into a small zip-top plastic bag; seal. Snip a tiny hole in 1 corner of bag. Working with 1 cookie at a time, pipe 3 concentric circles onto each cookie. Starting at center circle, pull a wooden pick through other circles at regular intervals to create a "web."

Nutrition Facts

PROTEIN 3.48% **FAT 24.8%** **CARBS 71.72%**

Properties

Glycemic Index:6.05, Glycemic Load:6.75, Inflammation Score:-1, Nutrition Score:1.4686956493103%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 109.27kcal (5.46%), Fat: 3.12g (4.8%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 19.72g (7.17%), Sugar: 15.49g (17.21%), Cholesterol: 0.15mg (0.05%), Sodium: 38.82mg (1.69%), Alcohol: 0.06g (100%), Alcohol %: 0.26% (100%), Protein: 0.98g (1.97%), Manganese: 0.08mg (4.14%), Selenium: 2.35µg (3.36%), Vitamin B1: 0.04mg (2.88%), Copper: 0.05mg (2.72%), Folate: 10.06µg (2.52%), Vitamin B2: 0.04mg (2.43%), Fiber: 0.58g (2.33%), Iron: 0.42mg (2.33%), Magnesium: 7.48mg (1.87%), Vitamin B3: 0.34mg (1.69%), Phosphorus: 16.33mg (1.63%), Vitamin K: 1.56µg (1.49%), Vitamin E: 0.18mg (1.2%)