



Cook the Book: Eggnog Sandwich Cookies

READY IN



45 min.

SERVINGS



33

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 ounces brown sugar
- ☐ 0.3 teaspoon butter flavor shortening
- ☐ 1 butter flavor shortening
- ☐ 8 ounces powdered sugar
- ☐ 2.4 ounces cornstarch white
- ☐ 1.5 ounces cup heavy whipping cream
- ☐ 1 large eggs
- ☐ 3.5 ounces granulated sugar

- ☐ 0.3 teaspoon nutmeg
- ☐ 0.8 teaspoon salt
- ☐ 10.5 ounces flour all-purpose
- ☐ 0.5 cup butter unsalted (1 stick, 4 ounces)
- ☐ 1 teaspoon vanilla extract
- ☐ 3.3 ounces shortening

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ In a large bowl, beat together the shortening, butter, sugar, salt, baking powder, vanilla, nutmeg, and rum flavor.
- ☐ Add the egg, beating until fluffy.
- ☐ Whisk together the flours and stir in. Divide the dough in half, shape into two rounds, wrap in plastic, and refrigerate for 1 hour or longer.
- ☐ Preheat the oven to 350°F. Lightly grease (or line with parchment) two baking sheets.
- ☐ Remove the chilled dough from the refrigerator and roll it into a 1/8-inch thickness on a lightly floured work surface. Use a cutter to cut 2 1/4-inch rounds and place them on the prepared baking sheets, leaving about 1 inch between them.
- ☐ Bake the cookies for 10 minutes, or until they've lightly browned around the edges.
- ☐ Remove them from the oven and transfer to a rack to cool.
- ☐ Mix the filling ingredients in a a medium-sized bowl, tinting gently with food coloring, if desired, to make a pastel colored filling.
- ☐ Spread a thin layer of filling on the bottom half of the cookies. Top with the remaining cookies. Store the cookies in airtight containers to several days, or freeze for longer storage.

Nutrition Facts



PROTEIN 3.19% **FAT 38.09%** **CARBS 58.72%**

Properties

Glycemic Index:9.31, Glycemic Load:7.11, Inflammation Score:-1, Nutrition Score:1.8282608575309%

Nutrients (% of daily need)

Calories: 148.96kcal (7.45%), Fat: 6.36g (9.79%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 21.81g (7.93%), Sugar: 13.14g (14.61%), Cholesterol: 14.49mg (4.83%), Sodium: 70.2mg (3.05%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.2g (2.4%), Selenium: 3.75µg (5.36%), Vitamin B1: 0.07mg (4.83%), Folate: 17.42µg (4.35%), Vitamin B2: 0.06mg (3.36%), Manganese: 0.07mg (3.33%), Iron: 0.5mg (2.79%), Vitamin B3: 0.54mg (2.7%), Vitamin A: 113.09IU (2.26%), Vitamin E: 0.29mg (1.92%), Vitamin K: 1.83µg (1.75%), Phosphorus: 17.41mg (1.74%), Calcium: 14.09mg (1.41%), Fiber: 0.27g (1.06%)