



Cook the Book: German Bacon Cookies

READY IN



45 min.

SERVINGS



30

CALORIES



84 kcal

Ingredients

- ☐ 30 servings pepper black freshly ground to taste
- ☐ 8 tablespoons butter softened cut into pieces and (1 stick)
- ☐ 1 large egg yolk beaten
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons cup heavy whipping cream
- ☐ 4 slices slab bacon finely chopped (rind removed)

Equipment

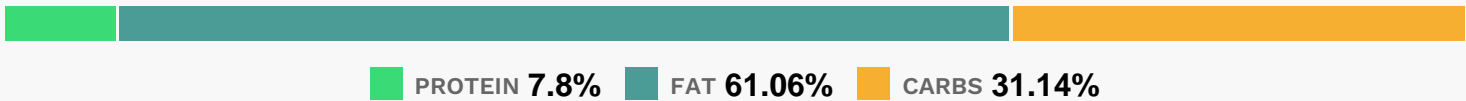
- ☐ frying pan
- ☐ baking sheet

- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ In a skillet, fry the bacon over moderate heat until crisp; drain on paper towels, reserving the fat.
- ☐ In a mixing bowl, combine the flour, butter, the whole egg, cream, and pepper; beat with an electric mixer until the dough is well blended.
- ☐ Transfer to a floured surface, add the bacon, and knead until dough is soft and bacon evenly distributed, about 1 minute.
- ☐ Roll out dough into one or two logs about 1 1/2 inches thick, wrap in plastic wrap, and chill until firm, about 2 hours.
- ☐ Preheat oven to 350°F. Grease a baking sheet with a little of the bacon fat, and set aside.
- ☐ On a work surface, cut the log into 1/4-inch slices. Arrange slices about 1 inch apart on the prepared baking sheet, brush with the beaten egg yolk, and bake until the cookies are browned, 12 to 15 minutes.
- ☐ Transfer the cookies to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:5.23, Glycemic Load:4.61, Inflammation Score:-1, Nutrition Score:1.7999999954811%

Nutrients (% of daily need)

Calories: 84.29kcal (4.21%), Fat: 5.71g (8.78%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 6.3g (2.29%), Sugar: 0.07g (0.08%), Cholesterol: 19.01mg (6.34%), Sodium: 56.65mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Selenium: 4.19µg (5.99%), Vitamin B1: 0.08mg (5.35%), Folate: 16.27µg (4.07%), Manganese: 0.07mg (3.52%), Vitamin B3: 0.69mg (3.44%), Vitamin B2: 0.05mg

(3.08%), Vitamin A: 125.84IU (2.52%), Iron: 0.43mg (2.41%), Phosphorus: 20.05mg (2%)