



## Delicious Homemade Chocolate Oreos

READY IN



90 min.

SERVINGS



25

CALORIES



166 kcal

DESSERT

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup dutch-processed cocoa powder unsweetened
- 1 large eggs
- 1.3 cups flour all-purpose
- 2 cups powdered sugar sifted
- 0.3 teaspoon salt
- 1 cup sugar
- 0.8 cup butter unsalted

- 2 teaspoons vanilla extract
- 0.3 cup shortening

## Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- mixing bowl
- blender
- hand mixer
- pastry bag

## Directions

- Set two racks in the middle of the oven. Preheat to 375F. In a food processor, or bowl of an electric mixer, thoroughly mix the flour, cocoa, baking soda and powder, salt, and sugar. While pulsing, or on low speed, add the butter, and then the egg. Continue processing or mixing until dough comes together in a mass. Take rounded teaspoons of batter and place on a parchment paper-lined baking sheet approximately two inches apart. (I started off with loonie sized chunks of dough which was too big. Its more like the size of a quarter. Remember, youre aiming for 50 to 60 of these individual wafers!) With moistened hands, slightly flatten the dough.
- Bake for 9 minutes, rotating once for even baking. Set baking sheets on a rack to cool. To make the cream, place butter and shortening in a mixing bowl, and at low speed, gradually beat in the sugar and vanilla. Turn the mixer on high and beat for 2 to 3 minutes until filling is light and fluffy. To assemble the cookies, in a pastry bag with a 1/2 inch, round tip, pipe teaspoon-size blobs of cream into the center of one cookie.
- Place another cookie, equal in size to the first, on top of the cream. Lightly press, to work the filling evenly to the outsides of the cookie. (I dont think its entirely necessary to use a pastry bag. You could just spoon some icing on and squeeze between two wafers.) Continue this process until all the cookies have been sandwiched with cream.

# Nutrition Facts

PROTEIN 3.02% FAT 42.44% CARBS 54.54%

## Properties

Glycemic Index:9.48, Glycemic Load:9.05, Inflammation Score:-2, Nutrition Score:2.1978260869565%

## Flavonoids

Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Taste

Sweetness: 100%, Saltiness: 5.15%, Sourness: 0.55%, Bitterness: 0.28%, Savoriness: 2.62%, Fattiness: 47.47%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 165.57kcal (8.28%), Fat: 8.09g (12.44%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 22.58g (8.21%), Sugar: 17.47g (19.41%), Cholesterol: 22.08mg (7.36%), Sodium: 75.73mg (3.29%), Caffeine: 3.96mg (1.32%), Protein: 1.29g (2.59%), Manganese: 0.11mg (5.55%), Selenium: 3.15µg (4.5%), Copper: 0.08mg (3.91%), Vitamin A: 180.98IU (3.62%), Vitamin B1: 0.05mg (3.47%), Folate: 13.13µg (3.28%), Iron: 0.58mg (3.23%), Fiber: 0.81g (3.22%), Vitamin B2: 0.05mg (2.95%), Magnesium: 10.38mg (2.6%), Phosphorus: 25.86mg (2.59%), Vitamin E: 0.31mg (2.07%), Vitamin B3: 0.41mg (2.06%), Vitamin K: 1.64µg (1.56%), Zinc: 0.2mg (1.3%), Potassium: 38.06mg (1.09%)