



Diploma Cookies

 Dairy Free

READY IN



210 min.

SERVINGS



24

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 0.3 cup flour whole wheat
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup semi chocolate chips melted

- ☐ 0.3 cup shortening
- ☐ 0.5 teaspoon vanilla

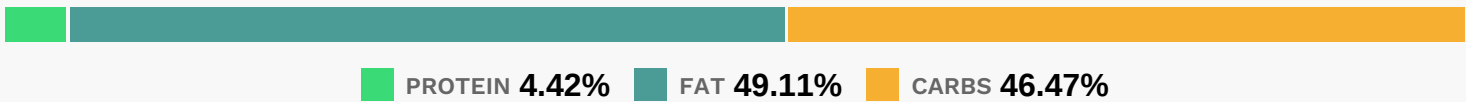
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ ziploc bags

Directions

- ☐ Beat butter, shortening and brown sugar until creamy. Beat in baking powder, salt, vanilla and egg. Stir in flours. Divide dough in half. Cover and refrigerate about 2 hours.
- ☐ Heat oven to 375F.
- ☐ Roll each half of dough into 15x6-inch rectangle on floured surface.
- ☐ Cut lengthwise into three 15x2-inch strips, then cut crosswise into two 7 1/2x2-inch strips. Working quickly, spread about 1 teaspoon melted chocolate over one strip to within 1/4 inch of one long side. Gently roll up, starting at long side with chocolate. Repeat with remaining cookie strips and chocolate.
- ☐ Cut each roll into 2 pieces; roll each cookie slightly to shape. On ungreased cookie sheet, place cookies about 1 inch apart.
- ☐ Bake 8 to 10 minutes or until edges are firm. Cool 1 minute; remove to cooling rack. Cool completely.
- ☐ Place remaining chocolate in plastic bag.
- ☐ Cut hole in corner and squeeze out chocolate to look like ties.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:4.36, Inflammation Score:-2, Nutrition Score:2.8330434480601%

Nutrients (% of daily need)

Calories: 142.17kcal (7.11%), Fat: 7.82g (12.03%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 15.86g (5.77%), Sugar: 8.78g (9.75%), Cholesterol: 7.16mg (2.39%), Sodium: 77.01mg (3.35%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Caffeine: 4.84mg (1.61%), Protein: 1.58g (3.17%), Manganese: 0.18mg (9.19%), Selenium: 4.54µg (6.48%), Iron: 0.86mg (4.8%), Vitamin B1: 0.07mg (4.74%), Copper: 0.09mg (4.56%), Folate: 15.81µg (3.95%), Phosphorus: 35.81mg (3.58%), Magnesium: 14.32mg (3.58%), Fiber: 0.8g (3.18%), Vitamin B2: 0.05mg (3.12%), Vitamin B3: 0.58mg (2.9%), Vitamin A: 125.6IU (2.51%), Vitamin E: 0.34mg (2.26%), Calcium: 22.61mg (2.26%), Vitamin K: 1.97µg (1.88%), Zinc: 0.26mg (1.75%), Potassium: 57.95mg (1.66%), Vitamin B5: 0.12mg (1.18%)