

Double Delights

READY IN



40 min.

SERVINGS



90

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 ounces baker's chocolate white chopped
- 0.7 cup cocoa powder
- 1 teaspoon baking soda
- 1 cup butter softened
- 2 teaspoons cream of tartar
- 2 eggs
- 2.8 cups flour all-purpose
- 4 ounces german chocolate sweet chopped
- 1 cup pecans coarsely chopped

- 0.5 teaspoon salt
- 1.5 cups sugar
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- serrated knife

Directions

- For chocolate dough, in a large bowl, cream butter and sugar until light and fluffy. Beat in eggs and vanilla.
- Combine the flour, cocoa, baking soda and salt; gradually add to creamed mixture and mix well. Stir in pecans and white chocolate.
- For vanilla dough, in another large bowl, cream butter and sugar until light and fluffy. Beat in eggs and vanilla.
- Combine the flour, cream of tartar, baking soda and salt; gradually add to creamed mixture and mix well. Stir in pecans and German chocolate. Cover and refrigerate both doughs for 2 hours.
- Divide both doughs in half. Shape each portion into a 12-in. roll; wrap in plastic wrap. Refrigerate for 3 hours or until firm.
- Unwrap and cut each roll in half lengthwise.
- Place a chocolate half and vanilla half together, pressing to form a log; wrap in plastic wrap. Refrigerate for 1 hour or until the dough holds together when cut.
- Using a serrated knife, cut into 1/4-in. slices.
- Place 2 in. apart on greased baking sheets.
- Bake at 350° for 8–10 minutes or until set.
- Remove to wire racks to cool

Nutrition Facts

PROTEIN 5.17% FAT 51.99% CARBS 42.84%

Properties

Glycemic Index:2.28, Glycemic Load:4.44, Inflammation Score:-1, Nutrition Score:1.8665217104489%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 71.5kcal (3.58%), Fat: 4.37g (6.73%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 7.39g (2.69%), Sugar: 4.05g (4.5%), Cholesterol: 9.06mg (3.02%), Sodium: 43.35mg (1.88%), Alcohol: 0.03g (100%), Alcohol %: 0.25% (100%), Protein: 0.98g (1.96%), Manganese: 0.17mg (8.57%), Copper: 0.1mg (4.81%), Iron: 0.69mg (3.83%), Fiber: 0.72g (2.87%), Vitamin B1: 0.04mg (2.75%), Selenium: 1.91µg (2.72%), Magnesium: 10.81mg (2.7%), Folate: 8.44µg (2.11%), Phosphorus: 21.01mg (2.1%), Zinc: 0.29mg (1.95%), Vitamin B2: 0.03mg (1.74%), Vitamin B3: 0.28mg (1.39%), Vitamin A: 68.99IU (1.38%), Potassium: 44.96mg (1.28%)