



## Duff's Black and White Cookie

READY IN



140 min.

SERVINGS



20

CALORIES



579 kcal

DESSERT

### Ingredients

- 2.5 cups cake flour
- 1 pound chocolate dark good chopped
- 1 tablespoon yeast dry
- 2.5 cups flour all-purpose
- 1.3 cups heavy cream
- 0.3 teaspoon lemon extract
- 1 cup milk
- 0.5 teaspoon salt
- 1.8 cups sugar

- 0.5 pound butter unsalted room temperature (2 sticks)
- 0.5 teaspoon vanilla extract
- 1 pound chocolate white good chopped

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- pot

## Directions

- Watch how to make this recipe.
- Add dry yeast to warm or room-temperature milk, let stand for 20 minutes.
- Preheat oven to 375 degrees F.
- Cream the butter and the sugar until light and fluffy.
- Slowly add and combine the yeast mixture, and the extracts.
- In a separate bowl whisk together the cake flour, all-purpose flour and salt and gradually add them to your mixture. Caution: Do not over mix, but make sure to keep your mixture homogenous.
- Prepare a cookie sheet with pan spray and drop spoonfuls of dough 3 to 4 inches apart.
- Bake until the edges begin to brown, 20 to 25 minutes.
- Let cool to room temperature before decorating.
- Place chocolate into 2 separate bowls, 1 for dark and 1 for white. Slowly boil the cream in 2 separate pots.
- Pour 1 pot cream over the dark and 1 pot over the white and let chocolate melt.
- Whisk each until smooth.
- To decorate: While the ganache is slightly warm, have fun with it. Maybe some of it will even end up on the cookies!

# Nutrition Facts

PROTEIN 5.19% FAT 49.89% CARBS 44.92%

## Properties

Glycemic Index:17.15, Glycemic Load:39.59, Inflammation Score:-5, Nutrition Score:11.021739192631%

## Nutrients (% of daily need)

Calories: 578.66kcal (28.93%), Fat: 32.39g (49.83%), Saturated Fat: 19.49g (121.82%), Carbohydrates: 65.62g (21.87%), Net Carbohydrates: 62.25g (22.64%), Sugar: 37.42g (41.58%), Cholesterol: 48.1mg (16.03%), Sodium: 93.9mg (4.08%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Caffeine: 18.14mg (6.05%), Protein: 7.58g (15.17%), Manganese: 0.68mg (33.84%), Copper: 0.47mg (23.54%), Selenium: 14.98µg (21.39%), Iron: 3.65mg (20.28%), Phosphorus: 166.75mg (16.68%), Magnesium: 64.63mg (16.16%), Fiber: 3.37g (13.47%), Vitamin B2: 0.23mg (13.43%), Vitamin B1: 0.19mg (12.64%), Vitamin A: 537.77IU (10.76%), Folate: 40.95µg (10.24%), Calcium: 94.2mg (9.42%), Zinc: 1.27mg (8.5%), Potassium: 296.94mg (8.48%), Vitamin B3: 1.59mg (7.97%), Vitamin E: 0.83mg (5.53%), Vitamin B12: 0.3µg (4.99%), Vitamin B5: 0.49mg (4.93%), Vitamin K: 5.12µg (4.88%), Vitamin D: 0.54µg (3.62%), Vitamin B6: 0.05mg (2.5%)