



Dulce de Leche Cookie Sandwiches (Alfajor)

 Vegetarian

READY IN



100 min.

SERVINGS



16

CALORIES



166 kcal

DESSERT

Ingredients

- ☐ 0.3 cup confectioners' sugar for dusting sifted
- ☐ 1.5 cups dulce de leche at room temperature
- ☐ 2 cups flour all-purpose sifted
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon nutmeg grated
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted softened cut into small pieces and 2 sticks

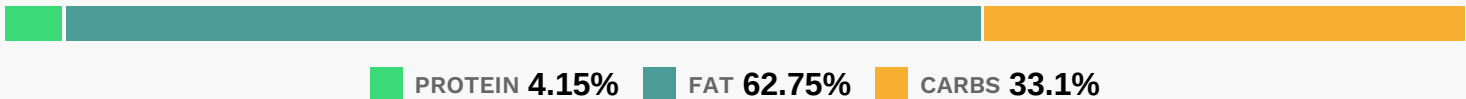
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ cookie cutter

Directions

- ☐ Preheat your oven to 350 degrees F.
- ☐ In a food processor, combine flour, sugar, salt and butter. Pulse until dough comes together into a ball. If the dough is too sticky add a little more flour so that you can shape the soft dough into a ball. Wrap the dough ball in plastic wrap and refrigerate for 20 to 30 minutes.
- ☐ Sprinkle some flour onto your work surface and roll the dough 1/8-inch thick. Using a 2-inch round cookie cutter cut out the cookies and transfer to a parchment lined baking sheet. Bring the dough scraps together and gently press into a ball. Flour your work surface, re-roll 1/8-inch thick and cut out more rounds.
- ☐ Bake the cookies until they are golden and firm, about 15 to 20 minutes.
- ☐ Remove the cookies from the oven and let cool for 5 minutes before transferring them to a wire rack to cool completely, about 25 minutes.
- ☐ Place the dulce de leche in a small bowl and stir in the cinnamon, cloves, and nutmeg.
- ☐ Spread about 1 1/2 teaspoons of the dulce de leche on the flat side of a cookie and sandwich with the flat side of another cookie.
- ☐ Place the cookies on a platter, dust them with powdered sugar, and serve.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:8.63, Inflammation Score:-3, Nutrition Score:2.8034782474456%

Nutrients (% of daily need)

Calories: 166.1kcal (8.3%), Fat: 11.67g (17.95%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 13.4g (4.87%), Sugar: 1.89g (2.1%), Cholesterol: 30.5mg (10.17%), Sodium: 74.63mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin B1: 0.12mg (8.23%), Selenium: 5.45µg (7.79%), Folate: 29.04µg (7.26%), Vitamin A: 354.68IU (7.09%), Manganese: 0.12mg (6.13%), Vitamin B2: 0.08mg (4.85%), Vitamin B3: 0.93mg (4.65%), Iron: 0.73mg (4.08%), Vitamin E: 0.34mg (2.27%), Phosphorus: 20.35mg (2.03%), Fiber: 0.45g (1.79%), Vitamin D: 0.21µg (1.42%), Copper: 0.03mg (1.26%), Vitamin K: 1.07µg (1.02%)