



Dulce de Leche Cookies

 Vegetarian  Popular

READY IN



105 min.

SERVINGS



40

CALORIES



106 kcal

DESSERT

Ingredients

- 1 cup apples (from 16-oz container)
- 1 teaspoon double-acting baking powder
- 1 cup butter softened
- 1 cup coconut flakes flaked
- 3 tablespoons rum extract dark
- 2 egg yolk
- 2.5 cups flour all-purpose
- 0.3 teaspoon salt

- 0.3 cup sugar
- 0.7 cup sugar
- 1 teaspoon vanilla

Equipment

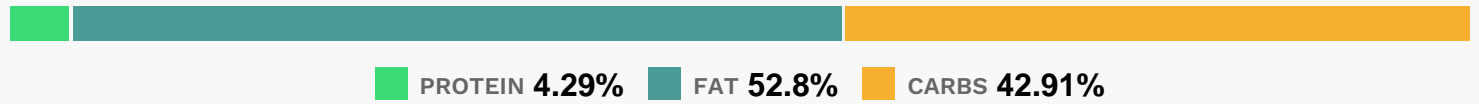
- food processor
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 350F.
- Spread coconut in ungreased shallow pan.
- Bake uncovered 5 to 7 minutes, stirring occasionally, until golden brown. Turn off oven. In food processor bowl with metal blade, place cooled coconut. Cover; process until ground. Set aside.
- Meanwhile, in large bowl, beat butter and 2/3 cup sugar with electric mixer on medium speed about 1 minute or until smooth.
- Add egg yolks, rum and vanilla. On high speed, beat about 1 minute or until blended.
- In medium bowl, stir together flour, baking powder and salt. Stir flour mixture into butter mixture until well blended. Cover; refrigerate 30 minutes.
- Heat oven to 350F. Shape dough into 3/4-inch balls. On ungreased nonstick (not insulated) cookie sheets, place balls about 2 inches apart. Dip bottom of small glass into 1/4 cup sugar; press on cookies to make about 1 1/2 inches in diameter.
- Bake 10 to 11 minutes or just until edges begin to brown.
- Remove from cookie sheets to cooling rack. Cool completely, about 15 minutes.

- For each sandwich cookie, spread about 1 teaspoon of the caramel apple dip on bottom of 1 cookie, spreading to edge of cookie. Top with second cookie. Gently squeeze until filling oozes out a little around the side.
- Roll edges of cookies in ground coconut.

Nutrition Facts



Properties

Glycemic Index:9.73, Glycemic Load:7.65, Inflammation Score:-1, Nutrition Score:1.9195652208898%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 105.66kcal (5.28%), Fat: 6.31g (9.71%), Saturated Fat: 4.23g (26.45%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 10.9g (3.97%), Sugar: 5.1g (5.66%), Cholesterol: 21.92mg (7.31%), Sodium: 63.09mg (2.74%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.15g (2.31%), Manganese: 0.11mg (5.68%), Selenium: 3.63µg (5.19%), Vitamin B1: 0.06mg (4.33%), Folate: 16.07µg (4.02%), Vitamin A: 156.48IU (3.13%), Vitamin B2: 0.05mg (2.89%), Iron: 0.48mg (2.64%), Fiber: 0.63g (2.53%), Vitamin B3: 0.48mg (2.4%), Phosphorus: 20.23mg (2.02%), Copper: 0.03mg (1.51%), Vitamin E: 0.17mg (1.16%), Calcium: 10.38mg (1.04%)