

Easy Valentine Sandwich Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



34

CALORIES



105 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 1 teaspoon baking soda
- 1 cup butter
- 1.5 cups powdered sugar
- 1 teaspoon cream of tartar
- 1 eggs
- 2.5 cups flour all-purpose
- 1 teaspoon vanilla extract

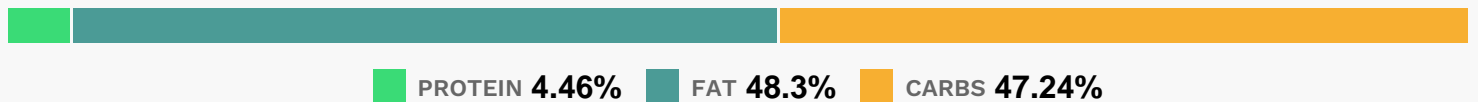
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- In a large bowl, cream together butter and confectioners' sugar. Beat in egg, vanilla and almond extract.
- Mix well.
- In a medium bowl, stir together flour, baking soda and cream of tartar; blend into the butter mixture. Divide dough into thirds and shape into balls.
- Working with 1/3 of dough at a time, roll out dough into desired thickness on a lightly floured surface. For each heart sandwich cookie, cut out 2 3-inch hearts.
- Cut out the center of ONE of the 3-inch hearts with the 1 1/2-inch cutter.
- Place each piece separately on an ungreased cookie sheet, 1 - 2 inches apart.
- Bake in a preheated, 350 degrees F (175 degrees C) oven until lightly browned (7-8 minutes for 1/4 inch thick cookies). Cool completely on wire rack. Frost bottom cookie with Pink Valentine Frosting and place an open centered cookie on top to form the sandwich. Also frost the small 1 1/2 inch hearts and serve as separate cookies.

Nutrition Facts



Properties

Glycemic Index:3.68, Glycemic Load:5.08, Inflammation Score:-2, Nutrition Score:1.6647825895444%

Nutrients (% of daily need)

Calories: 104.51kcal (5.23%), Fat: 5.63g (8.66%), Saturated Fat: 3.49g (21.79%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 12.14g (4.41%), Sugar: 5.23g (5.82%), Cholesterol: 19.17mg (6.39%), Sodium: 77.31mg (3.36%), Alcohol: 0.06g (100%), Alcohol %: 0.34% (100%), Protein: 1.17g (2.34%), Selenium: 3.61µg (5.16%), Vitamin B1:

0.07mg (4.87%), Folate: 17.63µg (4.41%), Vitamin A: 173.83IU (3.48%), Vitamin B2: 0.05mg (3.22%), Manganese: 0.06mg (3.19%), Vitamin B3: 0.55mg (2.74%), Iron: 0.46mg (2.54%), Phosphorus: 14.11mg (1.41%), Vitamin E: 0.17mg (1.16%)