

Gale Gand's Pinwheel Cookie Dough

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1118 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 1 cup butter unsalted softened
- ☐ 2 ounces chocolate unsweetened finely chopped
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin

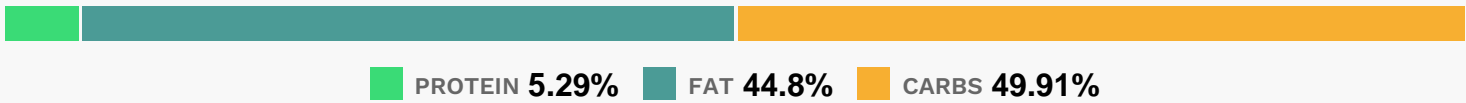
Directions

- ☐ In large bowl, sift together flour, baking powder, and salt. In standing mixer fitted with paddle attachment, beat butter until fluffy, about 3 minutes.
- ☐ Add sugar and beat until light and fluffy, about 2 minutes more.
- ☐ Add eggs 1 at a time, beating after each addition, then beat in vanilla.
- ☐ Add flour mixture and beat on low just until combined.
- ☐ Divide dough in half. Form 1 half into 4- by 4-inch square, wrap in plastic wrap, and set aside. Return other half to mixer. In metal bowl set over pan of barely simmering water, melt chocolate, stirring until smooth.
- ☐ Add melted chocolate to dough in mixer and beat just until combined. Form chocolate dough into 4- by 4-inch square and wrap in plastic wrap. Refrigerate both squares of dough 30 minutes.
- ☐ Line large baking sheet with parchment paper.
- ☐ Cut each dough square into 4 strips.
- ☐ Place 3 strips of chocolate dough and 4 strips of vanilla dough on baking sheet and refrigerate. Between 2 sheets of parchment paper, roll out 4th strip of chocolate dough into 6- by 7-inch rectangle (use ruler to make sure dimensions are exact).
- ☐ Remove 1 strip of vanilla dough from refrigerator and, between 2 sheets of parchment paper, roll out into 6- by 6-inch square. Peel off top sheet of parchment from each dough and flip

vanilla dough over onto chocolate, aligning top and bottom edges and allowing 1/2 inch of chocolate dough to stick out on each side. Run rolling pin lightly over doughs to adhere, then peel off top sheet of parchment. Fold extra 1/2 inch of chocolate dough over vanilla on 1 side. Starting on folded-over side and using parchment as aid, tightly roll up dough into log. Wrap in plastic wrap and refrigerate. Repeat with remaining strips of dough to form 4 logs.

- ☐
- Keep dough frozen until ready to slice and bake. Preheat oven to 350°F and grease 2 large baking sheets. Using sharp knife, slice dough into 1/4-inch-thick slices and place 1 1/2 inches apart on baking sheet.
- ☐
- Bake until vanilla dough is slightly golden, 9 to 11 minutes. Makes 20 cookies.

Nutrition Facts



Properties

Glycemic Index:59.27, Glycemic Load:98.42, Inflammation Score:-8, Nutrition Score:22.897826132567%

Flavonoids

Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg

Nutrients (% of daily need)

Calories: 1117.6kcal (55.88%), Fat: 56.96g (87.62%), Saturated Fat: 34.67g (216.66%), Carbohydrates: 142.78g (47.59%), Net Carbohydrates: 137.89g (50.14%), Sugar: 67.29g (74.77%), Cholesterol: 215.01mg (71.67%), Sodium: 391.55mg (17.02%), Alcohol: 0.69g (100%), Alcohol %: 0.34% (100%), Caffeine: 11.34mg (3.78%), Protein: 15.15g (30.29%), Manganese: 1.25mg (62.37%), Selenium: 41.57µg (59.39%), Vitamin B1: 0.77mg (51.32%), Folate: 188.98µg (47.25%), Iron: 7.36mg (40.88%), Vitamin B2: 0.63mg (36.79%), Copper: 0.63mg (31.34%), Vitamin A: 1553.18IU (31.06%), Vitamin B3: 5.78mg (28.89%), Phosphorus: 232.14mg (23.21%), Fiber: 4.89g (19.54%), Magnesium: 71.49mg (17.87%), Zinc: 2.4mg (16.03%), Vitamin E: 1.69mg (11.28%), Vitamin D: 1.35µg (9.01%), Vitamin B5: 0.88mg (8.81%), Calcium: 86.45mg (8.64%), Potassium: 270.54mg (7.73%), Vitamin K: 5.7µg (5.43%), Vitamin B12: 0.32µg (5.32%), Vitamin B6: 0.09mg (4.49%)