



Gluten-Free Cappuccino Flats

 **Gluten Free**  **Low Fod Map**

READY IN



220 min.

SERVINGS



40

CALORIES



113 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup brown sugar packed
- 1 cup butter softened
- 1.3 cups chocolate chips
- 1 eggs
- 0.5 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon coffee instant
- 0.3 cup shortening

- 2 oz baker's chocolate unsweetened cooled melted
- 1 teaspoon water hot
- 2 cups frangelico gluten free bisquick®
- 2 cups frangelico gluten free bisquick®

Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- hand mixer
- microwave

Directions

- In small bowl, mix Bisquick mix and cinnamon. In another small bowl, dissolve instant coffee in water. In large bowl, beat butter, granulated sugar, brown sugar, egg and dissolved coffee with electric mixer on low speed until blended.
- Add melted chocolate and Bisquick mixture; mix just until soft dough forms. Refrigerate 1 hour.
- Place half the dough on 16-inch length of waxed paper. Use waxed paper to shape dough into a roll, 5 inches long and 2 inches in diameter. Wrap in waxed paper. Repeat with remaining half of dough. Refrigerate about 1 hour or until firm.
- Heat oven to 300°F.
- Cut dough into 1/4-inch slices with sharp knife. On ungreased cookie sheet, place slices 1 inch apart.
- Bake 9 to 10 minutes or until set. Cool 5 minutes on cookie sheet. Carefully remove to cooling rack. Cool 30 minutes before dipping.
- In small shallow microwavable bowl, microwave chocolate chips and shortening uncovered on High about 1 minute or until softened; stir until smooth. Dip half of each cookie into chocolate, allowing excess to drip back into dish.

Place on waxed paper; let stand about 30 minutes or until chocolate is set.

Nutrition Facts

PROTEIN 1.32% **FAT 66.91%** **CARBS 31.77%**

Properties

Glycemic Index:3.13, Glycemic Load:1.75, Inflammation Score:-1, Nutrition Score:1.0252173847478%

Flavonoids

Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg

Nutrients (% of daily need)

Calories: 113.23kcal (5.66%), Fat: 8.77g (13.5%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 9.11g (3.31%), Sugar: 8.4g (9.33%), Cholesterol: 16.29mg (5.43%), Sodium: 39.31mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.06mg (1.69%), Protein: 0.39g (0.78%), Manganese: 0.07mg (3.61%), Vitamin A: 147.91IU (2.96%), Copper: 0.05mg (2.42%), Vitamin E: 0.25mg (1.7%), Iron: 0.3mg (1.66%), Vitamin K: 1.46µg (1.4%), Magnesium: 5.57mg (1.39%), Potassium: 39.06mg (1.12%), Zinc: 0.16mg (1.05%), Fiber: 0.26g (1.05%), Calcium: 10.43mg (1.04%)