



Jenny's McCoy's Banana Chocolate Chip Sandwiches

READY IN



40 min.

SERVINGS



30

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup powdered sugar
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 6 medium banana
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup semisweet chocolate chips mini
- ☐ 6 ounces butter unsalted softened ()
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ cookie cutter
- ☐ stand mixer

Directions

- ☐ In the bowl of a stand mixer fitted with the paddle attachment, cream the butter, granulated sugar, confectioners' sugar, and vanilla on medium speed until light and fluffy. Reduce the speed to low and slowly add the flour and salt. Continue to mix until well incorporated. Slowly stir in the chocolate chips and continue to stir for about 1 minute.
- ☐ Remove the dough from the mixer and place between 2 large sheets of parchment paper.
- ☐ Roll the dough to about ¼ inch thick.
- ☐ Remove the top layer of parchment, score the dough using a 1¼-inch round cookie cutter, and put the parchment back on top. Gently slide the sheet of dough onto a half-sheet pan and place in the freezer to chill for about 1 hour. (The dough can be prepared several days in advance.)
- ☐ Preheat the oven to 325°F. Line three half-sheet pans with parchment paper.
- ☐ Remove the dough from the freezer. Pop out the rounds of cut cookie dough. Arrange the rounds on the prepared pans, ½ inch apart.
- ☐ Bake for 8 to 10 minutes, or until light golden brown. Cool completely on wire racks.
- ☐ Peel and cut the bananas into ½-inch-thick slices and sandwich each one between two chocolate chip cookies.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 4.19%**  **FAT 46.55%**  **CARBS 49.26%**

Properties

Glycemic Index:6.66, Glycemic Load:7.8, Inflammation Score:-2, Nutrition Score:3.1739130369995%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 132.94kcal (6.65%), Fat: 7.02g (10.8%), Saturated Fat: 4.25g (26.58%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 15.43g (5.61%), Sugar: 7.72g (8.58%), Cholesterol: 12.55mg (4.18%), Sodium: 21.02mg (0.91%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Caffeine: 5.09mg (1.7%), Protein: 1.42g (2.84%), Manganese: 0.19mg (9.62%), Copper: 0.1mg (5.19%), Fiber: 1.28g (5.13%), Selenium: 3.28µg (4.68%), Magnesium: 18.51mg (4.63%), Vitamin B6: 0.09mg (4.6%), Folate: 18.23µg (4.56%), Vitamin B1: 0.07mg (4.45%), Iron: 0.78mg (4.31%), Potassium: 127.34mg (3.64%), Vitamin B2: 0.06mg (3.45%), Vitamin A: 159.75IU (3.2%), Vitamin B3: 0.64mg (3.2%), Phosphorus: 29.81mg (2.98%), Vitamin C: 2.05mg (2.49%), Zinc: 0.25mg (1.66%), Vitamin B5: 0.13mg (1.35%), Vitamin E: 0.19mg (1.3%)