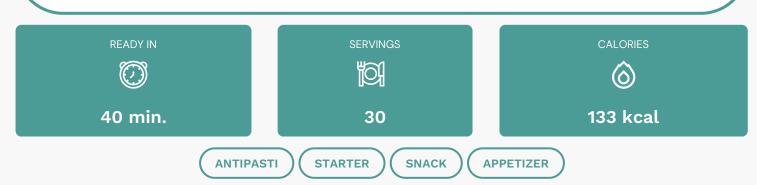


Jenny's McCoy's Banana Chocolate Chip Sandwiches



Ingredients

0.3 cup powdered sugar

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	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 ()
П	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 1½-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

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%)