



Joe Louis

READY IN



30 min.

SERVINGS



24

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 2 cups confectioners' sugar
- ☐ 2 egg whites
- ☐ 2 egg yolks
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup shortening
- ☐ 5 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

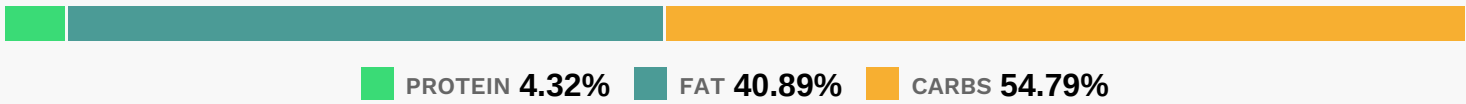
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream together the sugar and butter.
- ☐ Add the egg yolks, and vanilla; mix well. Stir in the milk. Sift together the flour, cocoa, baking powder, baking soda, and salt. Stir the flour mixture into the butter mixture. Drop by teaspoonfuls onto a cookie sheet and bake for 12 to 15 minutes.
- ☐ Remove from pan to cool on a wire rack.
- ☐ To make the icing, combine the 2 egg whites, 1/2 cup of shortening, confectioners' sugar, and vanilla in a medium bowl and mix with an electric hand mixer. When the cookies are cool, make sandwiches out of 2 cookies with icing in between.

Nutrition Facts



Properties

Glycemic Index:13.55, Glycemic Load:11.79, Inflammation Score:-2, Nutrition Score:3.0091304416242%

Flavonoids

Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 195.74kcal (9.79%), Fat: 9.1g (14.01%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 26.78g (9.74%), Sugar: 18.68g (20.76%), Cholesterol: 27.59mg (9.2%), Sodium: 151.75mg (6.6%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 2.16g (4.33%), Selenium: 5.37µg (7.67%), Vitamin B1: 0.09mg (6.14%), Manganese: 0.11mg (5.69%), Folate: 21.83µg (5.46%), Vitamin B2: 0.09mg (5.42%), Phosphorus: 40.19mg (4.02%), Iron: 0.7mg (3.91%), Vitamin B3: 0.65mg (3.27%), Vitamin A: 156.28IU (3.13%), Copper: 0.06mg (2.89%), Calcium: 28.71mg (2.87%), Vitamin E: 0.42mg (2.82%), Fiber: 0.67g (2.67%), Vitamin K: 2.7µg (2.57%), Magnesium: 9.22mg (2.31%), Vitamin B5: 0.17mg (1.7%), Vitamin B12: 0.09µg (1.57%), Zinc: 0.23mg (1.51%), Potassium: 49.73mg (1.42%), Vitamin D: 0.19µg (1.29%)