



Langues de Chat

READY IN



70 min.

SERVINGS



72

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 tablespoons butter softened
- 3 egg whites
- 1.5 cups flour all-purpose
- 6 ounce bittersweet chocolate melted
- 1.5 teaspoons vanilla extract
- 2 tablespoons sugar white

Equipment

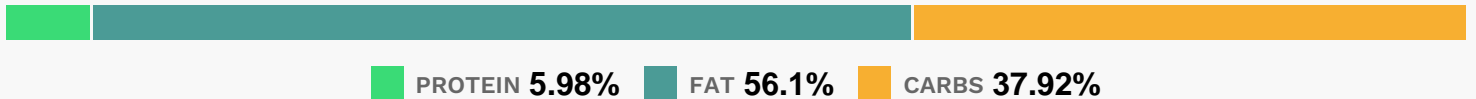
- bowl

- baking sheet
- oven
- wire rack
- wax paper
- pastry bag
- drinking straws

Directions

- Preheat the oven to 400 degrees F (200 degrees C). Lightly grease baking sheets.
- In a medium bowl, cream together butter and 1/2 cup plus 2 tablespoons sugar until smooth. Beat in the egg whites one at a time until batter is light and fluffy. Stir in the vanilla.
- Mix in the flour just until blended. Dough will be a little stiff.
- Using a cookie press or a pastry bag with a medium star tip, press dough onto prepared baking sheet into 3-inch lengths, like a ladyfinger.
- Bake cookies in preheated oven until straw-colored, about 10 minutes. Cool on wire rack.
- When cookies are cool, dip one end of each cookie in melted chocolate and place on wax paper until chocolate hardens. Store in a cool place.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:1.67, Inflammation Score:-1, Nutrition Score:0.82130434428868%

Nutrients (% of daily need)

Calories: 37.88kcal (1.89%), Fat: 2.35g (3.62%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 3.32g (1.21%), Sugar: 1.23g (1.36%), Cholesterol: 3.9mg (1.3%), Sodium: 13.63mg (0.59%), Alcohol: 0.03g (100%), Alcohol %: 0.43% (100%), Protein: 0.56g (1.13%), Manganese: 0.05mg (2.47%), Selenium: 1.35µg (1.93%), Copper: 0.03mg (1.68%), Iron: 0.27mg (1.51%), Vitamin B1: 0.02mg (1.42%), Magnesium: 4.91mg (1.23%), Folate: 4.87µg (1.22%), Vitamin B2: 0.02mg (1.19%), Fiber: 0.26g (1.04%)