



Mini Chocolate Sandwich Bites

 Dairy Free

READY IN



55 min.

SERVINGS



9

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 tablespoons butter
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup oats
- ☐ 0.3 cup brown sugar packed
- ☐ 2 teaspoons honey
- ☐ 0.3 teaspoon baking soda
- ☐ 1 Dash salt
- ☐ 1 egg yolk

☐ 0.5 cup semi chocolate chips melted

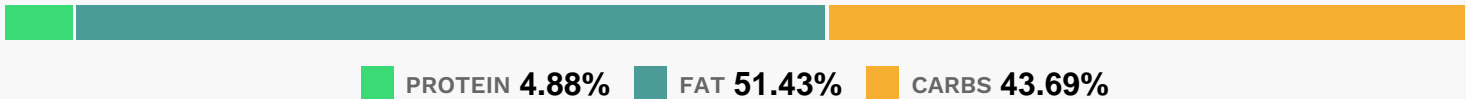
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 350°F. Lightly grease cookie sheet with shortening or spray with cooking spray.
- ☐ In 2-quart saucepan, melt butter over medium-low heat.
- ☐ Remove from heat. Stir in remaining ingredients except chocolate chips. Shape dough by level measuring teaspoonfuls into 3/4-inch balls.
- ☐ Place 2 inches apart on cookie sheet. Pressing with fingers, shape into thin 1 1/4-inch rounds.
- ☐ Bake 5 to 7 minutes or until golden brown.
- ☐ Remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- ☐ Spread melted chocolate on bottoms of half of the cookies. Pair with remaining cookies, with bottoms together.

Nutrition Facts



Properties

Glycemic Index:21.36, Glycemic Load:6.22, Inflammation Score:-4, Nutrition Score:4.3895652409967%

Nutrients (% of daily need)

Calories: 190.2kcal (9.51%), Fat: 11g (16.92%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 19.62g (7.13%), Sugar: 10.97g (12.19%), Cholesterol: 22.2mg (7.4%), Sodium: 112.06mg (4.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.6mg (2.87%), Protein: 2.35g (4.69%), Manganese: 0.38mg (18.99%), Selenium: 5.93µg (8.47%), Magnesium: 32.2mg (8.05%), Copper: 0.16mg (7.82%), Iron: 1.27mg (7.04%), Phosphorus: 64.03mg (6.4%), Vitamin A: 312.05IU (6.24%), Vitamin B1: 0.09mg (5.76%), Fiber: 1.41g (5.66%), Folate: 17.24µg (4.31%), Vitamin B2: 0.06mg (3.45%), Zinc: 0.51mg (3.39%), Vitamin B3: 0.54mg (2.71%), Potassium:

94.64mg (2.7%), Vitamin E: 0.39mg (2.58%), Calcium: 19.44mg (1.94%), Vitamin B5: 0.17mg (1.68%), Vitamin B6: 0.02mg (1.08%), Vitamin B12: 0.06µg (1.08%)