



Orange Cookies Dipped in Chocolate



Vegetarian



Popular

READY IN



45 min.

SERVINGS



24

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup candied orange peel chopped ()
- ☐ 0.5 cup confectioners sugar
- ☐ 8 ounces chocolate dark chopped ()
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon orange juice
- ☐ 1 orange zest (zest)
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted room temperature (2 sticks) ()

☐ 0.5 tablespoon vanilla extract

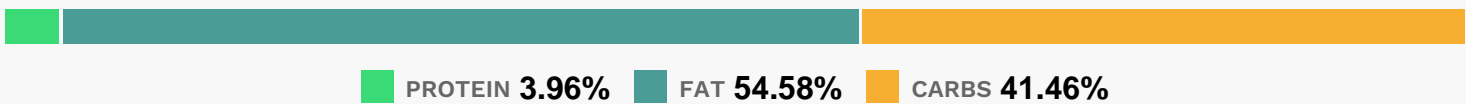
Equipment

- ☐ baking paper
- ☐ oven
- ☐ double boiler
- ☐ baking pan

Directions

- ☐ Cream the butter and the sugar.
- ☐ Mix the flour and the salt.
- ☐ Mix the dry ingredients into the wet until it starts forming larger clumps.
- ☐ Mix in the candied orange, orange zest, orange juice and vanilla extract.
- ☐ Form the dough into the shape that you want, wrap it in plastic and let it chill in the fridge for at least an hour. (I did a rectangular log but you could also do a circular log.)
- ☐ Cut the log into 1/4 inch thick slices and place on a parchment lined baking pan with one inch of space between them.
- ☐ Bake in a preheated 325F oven until they just start to turn lightly golden brown on top, about 15–20 minutes.
- ☐ Let cool completely.
- ☐ Melt the chocolate in a double boiler.
- ☐ Dip the cookies into the chocolate and place on a sheet of parchment paper and let cool until the chocolate sets. (Feel free to chill them in the fridge to help it set quicker.)

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:6.55, Inflammation Score:-3, Nutrition Score:3.958695653988%

Flavonoids

Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 193.68kcal (9.68%), Fat: 11.81g (18.17%), Saturated Fat: 7.19g (44.94%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 18.72g (6.81%), Sugar: 9.88g (10.98%), Cholesterol: 20.62mg (6.87%), Sodium: 57.81mg (2.51%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Caffeine: 7.56mg (2.52%), Protein: 1.93g (3.85%), Manganese: 0.26mg (13.17%), Copper: 0.19mg (9.32%), Iron: 1.63mg (9.04%), Selenium: 4.33µg (6.18%), Magnesium: 24.5mg (6.12%), Fiber: 1.47g (5.86%), Vitamin B1: 0.09mg (5.78%), Folate: 19.71µg (4.93%), Vitamin A: 244.75IU (4.9%), Phosphorus: 43.18mg (4.32%), Vitamin B2: 0.06mg (3.73%), Vitamin B3: 0.73mg (3.64%), Zinc: 0.4mg (2.66%), Potassium: 87.42mg (2.5%), Vitamin E: 0.29mg (1.9%), Vitamin K: 1.4µg (1.34%), Calcium: 12.82mg (1.28%), Vitamin C: 1.03mg (1.25%)