



WHATSheATE



Orange pumpkin face cookies

READY IN



55 min.

SERVINGS



12

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 140 g butter softened
- ☐ 175 g flour plain
- ☐ 50 g icing sugar
- ☐ 1 orange zest finely grated
- ☐ 100 g mascarpone cheese
- ☐ 1 tsp icing sugar
- ☐ 25 g chocolate plain 55% melted fine (cocoa solids is)
- ☐ 1 tbsp orange juice

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ wooden spoon
- ☐ pastry brush

Directions

- ☐ Preheat the oven to fan 160C/ conventional 180C/gas
- ☐ Put the butter in a bowl and beat with a wooden spoon until smooth.
- ☐ Add the flour, icing sugar and orange zest and beat together to make a softish dough. Knead into a ball and wrap in cling film. Chill for 1 hour.
- ☐ Roll the dough out on a lightly floured surface to a thickness of about 3mm.
- ☐ Cut 24 circles with a 7.5 cm round plain cutter.
- ☐ Put them on a couple of baking sheets.
- ☐ Using a small sharp knife, cut out Halloween faces on 12 of the circles. Gather up the spare biscuit dough and press into pumpkin stem shapes, trimming with a sharp knife. Press to the top of each biscuit with a knife to join. Make lines on the face biscuits with the back of a roundbladed knife, to look like the markings on a pumpkin.
- ☐ Bake all the biscuits for about 15 minutes until pale golden. Leave to set for a while, then cool completely on a wire rack.
- ☐ Mix the glaze ingredients to make a smooth, runny icing, adding a bit more juice if needed, then set aside. For the filling, beat the mascarpone with the icing sugar, then stir in the cooled melted chocolate.
- ☐ Spread the filling over the cooled plain biscuits, then press the face ones on top do this just before you want to eat them, otherwise they go soft.
- ☐ Brush with the glaze, using a clean paint brush or pastry brush. Eat the same day.

Nutrition Facts



 **PROTEIN 4.48%**  **FAT 61.74%**  **CARBS 33.78%**

Properties

Glycemic Index:18.3, Glycemic Load:8.62, Inflammation Score:-3, Nutrition Score:2.9691304525603%

Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 203.42kcal (10.17%), Fat: 14.07g (21.65%), Saturated Fat: 8.77g (54.82%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 16.71g (6.08%), Sugar: 5.52g (6.13%), Cholesterol: 33.42mg (11.14%), Sodium: 80.36mg (3.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Vitamin A: 415.25IU (8.31%), Vitamin B1: 0.12mg (7.86%), Selenium: 5.16µg (7.37%), Folate: 27.83µg (6.96%), Manganese: 0.11mg (5.51%), Vitamin B2: 0.08mg (4.89%), Vitamin B3: 0.89mg (4.47%), Iron: 0.75mg (4.17%), Vitamin C: 2.07mg (2.51%), Fiber: 0.62g (2.47%), Phosphorus: 22.06mg (2.21%), Vitamin E: 0.29mg (1.92%), Calcium: 18.96mg (1.9%), Copper: 0.03mg (1.74%), Magnesium: 6.17mg (1.54%)