



## Red and White Velvet Cookies

READY IN



42 min.

SERVINGS



48

CALORIES



104 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 12 ounce bars chocolate premium baking bars white
- 1 large eggs
- 1 package velvet premium cake mix red duncan hines®
- 1 teaspoon vanilla extract
- 2 tablespoons vegetable shortening

### Equipment

- bowl

- baking sheet
- oven
- knife
- mixing bowl
- wire rack
- plastic wrap
- wax paper
- microwave

## Directions

- Melt butter; set aside to cool.
- Place cake mix, egg, cooled butter and vanilla in large mixing bowl.
- Mix by hand until well blended and dough is formed.
- Form dough into a smooth 12-inch log on wax paper or parchment making sure it is even in thickness end to end. Wrap in wax paper; seal in plastic wrap. Refrigerate 1 hour or overnight.
- Preheat oven to 350 degrees F. Lightly grease baking sheets. Unwrap dough log and set on wax paper. Using a sharp knife, cut into 48 slices about 1/4-inch thick.
- Place on cool baking sheets about 2 inches apart.
- Bake, 1 sheet at a time, in center of oven for 10 to 12 minutes or until set. Cool 1 minute.
- Transfer to wire rack to cool completely.
- Make dip by placing pieces of baking bar in small, DRY, microwave-safe bowl along with shortening. Microwave on 50% power for 30 seconds. Stir to blend. If needed, continue to microwave in 30-second intervals. Blend each time. Avoid overheating.
- Dip each cookie into chocolate to coat half of cookie.
- Place on wax paper or parchment-lined sheets and refrigerate about 15 minutes or until dip is set. Store in airtight container with wax paper or parchment separating layers.

## Nutrition Facts



**PROTEIN 4.61%** **FAT 58.62%** **CARBS 36.77%**

## Properties

Glycemic Index:1.52, Glycemic Load:0.57, Inflammation Score:-1, Nutrition Score:2.5043478368417%

## Nutrients (% of daily need)

Calories: 104.3kcal (5.22%), Fat: 6.98g (10.73%), Saturated Fat: 3.41g (21.32%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 8.85g (3.22%), Sugar: 5.16g (5.74%), Cholesterol: 9.17mg (3.06%), Sodium: 92.38mg (4.02%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Caffeine: 6.66mg (2.22%), Protein: 1.23g (2.47%), Copper: 0.16mg (8.1%), Manganese: 0.16mg (7.93%), Iron: 1.27mg (7.04%), Magnesium: 20.57mg (5.14%), Phosphorus: 48.76mg (4.88%), Fiber: 0.99g (3.95%), Selenium: 1.94µg (2.77%), Potassium: 82.5mg (2.36%), Zinc: 0.32mg (2.15%), Calcium: 19.84mg (1.98%), Vitamin E: 0.24mg (1.6%), Folate: 6.14µg (1.54%), Vitamin B2: 0.03mg (1.5%), Vitamin A: 67.75IU (1.36%), Vitamin K: 1.31µg (1.25%), Vitamin B1: 0.02mg (1.22%), Vitamin B3: 0.22mg (1.1%)