



Red Velvet Sandwich Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



634 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup butter room temperature
- ☐ 2 sticks butter softened
- ☐ 2 tablespoons buttermilk
- ☐ 2 tablespoons cocoa powder
- ☐ 1 pound cream cheese softened

- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup pecans finely chopped
- ☐ 4 cups powdered sugar
- ☐ 1 tablespoon food coloring red
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ ice cream scoop

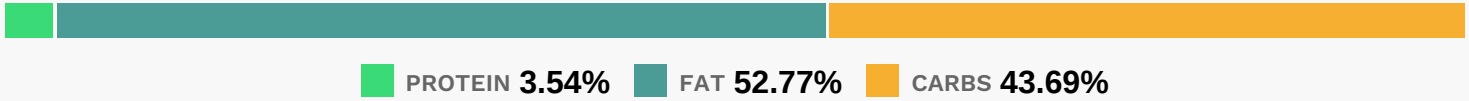
Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Mix together flour, cocoa powder, baking powder, baking soda and salt in a small bowl.
- ☐ Cream together the butter and sugar until light and fluffy, about 3 minutes.
- ☐ Add the eggs 1 at a time. Then beat in the buttermilk, vinegar, vanilla and red food coloring. Once combined, add the dry ingredients to wet.
- ☐ Mix until thoroughly combined.
- ☐ Onto a parchment lined sheet tray, drop batter using an ice cream scoop, forming 2-inch round circles.
- ☐ Bake for 10 minutes, until baked through. Cookies should be cake-like and light. Allow to cool for a few minutes on the baking sheet, then remove to a wire rack to cool completely.
- ☐ In a large mixing bowl, beat the cream cheese, butter, and vanilla together until smooth.

- ☐
- Add the sugar and on low speed, beat until incorporated. Increase the speed to high and mix until very light and fluffy.

☐

Nutrition Facts



Properties

Glycemic Index:37.09, Glycemic Load:20.03, Inflammation Score:-6, Nutrition Score:7.5360869259938%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 633.89kcal (31.69%), Fat: 38.1g (58.62%), Saturated Fat: 20.53g (128.33%), Carbohydrates: 70.97g (23.66%), Net Carbohydrates: 69.63g (25.32%), Sugar: 57.71g (64.12%), Cholesterol: 116.39mg (38.8%), Sodium: 439.75mg (19.12%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 5.75g (11.5%), Vitamin A: 1144.01IU (22.88%), Manganese: 0.44mg (22.25%), Selenium: 11.26µg (16.08%), Vitamin B2: 0.22mg (13.14%), Vitamin B1: 0.17mg (11.24%), Phosphorus: 110.12mg (11.01%), Folate: 34.86µg (8.72%), Calcium: 77.53mg (7.75%), Copper: 0.15mg (7.52%), Vitamin E: 1.05mg (7.03%), Iron: 1.18mg (6.56%), Fiber: 1.34g (5.35%), Zinc: 0.78mg (5.22%), Magnesium: 20.63mg (5.16%), Vitamin B3: 0.97mg (4.86%), Vitamin B5: 0.49mg (4.85%), Potassium: 126.83mg (3.62%), Vitamin B12: 0.2µg (3.33%), Vitamin B6: 0.06mg (2.84%), Vitamin K: 2.77µg (2.64%), Vitamin D: 0.18µg (1.19%)