



## Ribbon or Swirl Cookies

 Vegetarian

READY IN



256 min.

SERVINGS



72

CALORIES



90 kcal

DESSERT

### Ingredients

- 0.8 cup natural cocoa powder
- 2 tablespoons confectioners' sugar
- 1 large eggs
- 1.5 cups flour all-purpose
- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 1.3 cups granulated sugar
- 1 teaspoons mint extract

- 0.3 teaspoon salt fine
- 1 cup butter unsalted room temperature (2 sticks)
- 1 cup butter unsalted room temperature (2 sticks)

## Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- blender
- plastic wrap
- pizza cutter

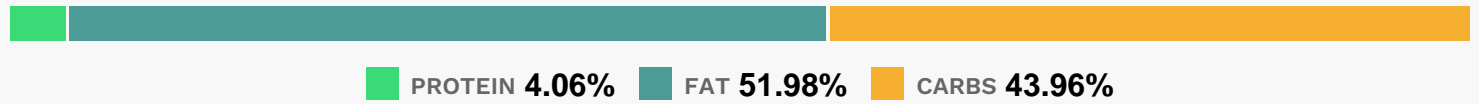
## Directions

- Mix the 2 sugars and the salt together in a medium bowl. In another small bowl, whisk the egg and mint extract and set aside. With a hand held mixer beat the butter until smooth in a large bowl. While mixing, gradually add the sugar mixture, and continue beating until lightly colored and fluffy, about 1 to 2 minutes. Stop mixing and scrape down the sides of the bowl.
- Add the egg mixture and beat until smooth. Gradually add the flour, mixing slowly until blended.
- Turn the dough out of the bowl, divide in half.
- Place the halves between 2 pieces of lightly floured parchment or waxed paper.
- Roll into a 10 by 12 by 1/4 inch rectangle. Slide the sheets of dough/parchment sheets onto a baking sheet, and refrigerate until firm, about 2 hours or overnight.
- Whisk the sugar, cocoa, salt in a medium bowl. With a hand held mixer beat the butter until smooth in a large bowl. While mixing, add the cocoa mixture, and continue beating until lightly colored and fluffy, 1 to 2 minutes. Stop mixing and scrape down the sides of the bowl.
- Add the egg and beat until smooth. Gradually add the flour, mixing slowly until blended.
- Turn the dough out of the bowl, divide in half.

- Place the halves between 2 pieces of lightly floured parchment or waxed paper.
- Roll into a 10 by 12 by 1/4 inch rectangle. Slide the sheets of dough/parchment sheets onto a baking sheet, and refrigerate until firm, about 2 hours or overnight.
- For a spiral cookie: Put 1 of the chocolate doughs on the workspace and remove the top sheet of parchment.
- Brush dough lightly with cold water.
- Place a sheet of vanilla dough on the workspace, and remove top sheet of paper. Using the bottom piece of the paper to lift the dough, place the vanilla dough on top of the chocolate dough. Take care to line up the edges of the 2 doughs and trim as needed. Lightly press to smooth and seal the doughs together.
- Remove the top piece of paper.
- Brush the surface of the dough lightly with cold water. Position the sandwiched doughs with the long edge facing you. Using the edge of the paper as a guide, roll the doughs into a tight cylinder, 2 inches wide. Wrap in plastic and refrigerate for 1 hour. Repeat with remaining 2 sheets of dough.
- Evenly position racks in the oven, and preheat to 325 degrees F.
- Slice the dough crosswise into 1/4-inch thick cookies.
- Lay about 1/2-inch apart on parchment-lined baking sheets.
- Bake until just golden - not too dark you'll lose the definition of the spiral, about 14 to 16 minutes.
- Roll and layer the two doughs into 15 by 18-inch rectangles, and 1/4-inch thick in the same way as the Spiral Cookies. Put 1 of the chocolate doughs on the work space and remove the top sheet of parchment.
- Brush lightly with a little cold water.
- Place 1 of vanilla doughs on the work space.
- Remove top sheet of paper, and use the bottom piece of the paper to lift the dough onto the chocolate dough. Take care to lining up the edges of the dough. Lightly press to smooth and seal the doughs together.
- Remove the top parchment.
- Trim the edges on the layered doughs with a pizza cutter using a ruler or other straight edge as a guide. Working with the short edge facing you, cut the layered dough in half vertically. Set 1 piece on top of the other and then turn the dough, to have the long side facing you.

- Cut the dough in half again and set 1 piece on top of the other. Wrap in plastic wrap, and refrigerate for 2 hours before slicing.
- Trim any uneven edges with a sharp knife. Slice blocks into 1/8-inch thick rectangles and bake until the white dough is just beginning to brown, about 16 to 18 minutes.

## Nutrition Facts



### Properties

Glycemic Index:4.03, Glycemic Load:6.75, Inflammation Score:-2, Nutrition Score:1.5560869470887%

### Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 90.1kcal (4.51%), Fat: 5.38g (8.27%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 9.74g (3.54%), Sugar: 5.11g (5.68%), Cholesterol: 16.14mg (5.38%), Sodium: 10.12mg (0.44%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 0.94g (1.89%), Manganese: 0.08mg (3.83%), Selenium: 2.49µg (3.56%), Vitamin B1: 0.05mg (3.27%), Vitamin A: 161.33IU (3.23%), Folate: 11.92µg (2.98%), Iron: 0.42mg (2.35%), Vitamin B2: 0.04mg (2.27%), Copper: 0.04mg (2.23%), Fiber: 0.5g (1.98%), Vitamin B3: 0.38mg (1.91%), Phosphorus: 16.03mg (1.6%), Magnesium: 6.02mg (1.51%), Vitamin E: 0.16mg (1.05%)