



Spicy Cocoa Snaps

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup butter softened
- 0.8 cup cocoa
- 2 tablespoons rum dark
- 1 large eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground coriander

- 0.3 teaspoon ground nutmeg
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 1 cup sugar

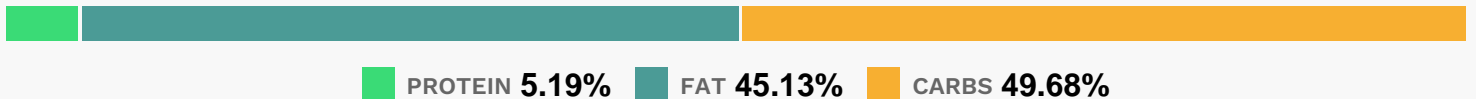
Equipment

- bowl
- baking sheet
- oven
- hand mixer
- wax paper

Directions

- Combine first 8 ingredients; stir well. Beat butter in a large bowl at medium speed of an electric mixer until creamy; gradually add sugar, beating well.
- Add egg, beating until blended. Stir in rum. Gradually add flour mixture, beating just until blended after each addition. Cover and chill dough 45 minutes.
- Shape dough into a 13" log on wax paper; wrap and freeze log 1 hour or until firm.
- Cut frozen log into 1/4" slices, and place on lightly greased cookie sheets.
- Bake at 350 for 12 minutes.
- Remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.61, Glycemic Load:5.07, Inflammation Score:-1, Nutrition Score:1.3952173985865%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg,

Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 61.92kcal (3.1%), Fat: 3.22g (4.95%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 7.34g (2.67%), Sugar: 4.2g (4.67%), Cholesterol: 11.5mg (3.83%), Sodium: 36.85mg (1.6%), Alcohol: 0.21g (100%), Alcohol %: 1.79% (100%), Caffeine: 3.09mg (1.03%), Protein: 0.83g (1.67%), Manganese: 0.09mg (4.68%), Copper: 0.06mg (2.91%), Selenium: 1.9µg (2.72%), Fiber: 0.64g (2.54%), Iron: 0.4mg (2.2%), Vitamin B1: 0.03mg (2.16%), Folate: 8.19µg (2.05%), Magnesium: 7.88mg (1.97%), Vitamin A: 94.44IU (1.89%), Vitamin B2: 0.03mg (1.73%), Phosphorus: 17.13mg (1.71%), Vitamin B3: 0.26mg (1.32%)