



Strawberries and Cream "Pocky"

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 large egg white beaten
- ☐ 155 g flour all-purpose
- ☐ 0.3 cup freeze strawberries dried
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 80 g condensed milk sweetened
- ☐ 57 g butter unsalted room temperature

☐ 120 g chocolate white coarsely chopped

Equipment

☐ food processor

☐ bowl

☐ baking sheet

☐ sauce pan

☐ baking paper

☐ oven

☐ wire rack

☐ blender

☐ plastic wrap

☐ baking pan

☐ stand mixer

☐ ziploc bags

☐ rolling pin

Directions

☐ Combine condensed milk with 2 tablespoons water in a bowl and set aside.

☐ Combine flour, baking powder, sugar, and salt in bowl of stand mixer.

☐ Mix with paddle attachment until combined.

☐ Add butter and mix until combined.

☐ Add in condensed milk in a stream while mixer is running on low speed.

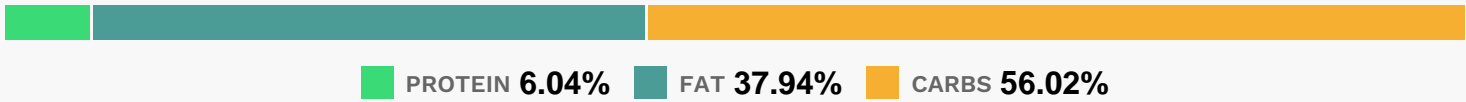
☐ Mix until dough comes together, a couple of minutes. Turn out dough onto a piece of plastic wrap, form into a disk, wrap, and refrigerate for 20 minutes. Preheat oven to 300 degrees F. Line a couple of baking pans with parchment paper or silicone baking mats. Divide dough into quarters, and then each part into 10 pieces.

☐ Roll each piece into a ball, then into a thin stick about 6–8 inches long and 1/4 inch thick.

☐ Place on prepared baking sheets about 1/2 inch apart. Chill in refrigerator for 10 minutes.

- ☐ Brush sticks with egg white (just the exposed top and sides are fine, you don't need to flip them over).
- ☐ Bake for 20 to 25 minutes until golden brown and crisp. Cool on wire rack.Crush the dried strawberries in a food processor or in a plastic bag with a rolling pin to small bits (if you're using a food processor, be careful not to completely pulverize them to dust).Melt white chocolate in metal bowl set over saucepan of simmering water.
- ☐ Transfer chocolate to a long, shallow dish.Dip cookie sticks in chocolate, leaving one end undipped.
- ☐ Sprinkle crushed strawberry bits over the chocolate.
- ☐ Place dipped sticks on parchment paper and place in refrigerator to set, about half an hour.

Nutrition Facts



Properties

Glycemic Index:10.22, Glycemic Load:4.97, Inflammation Score:-1, Nutrition Score:2.2569565164006%

Nutrients (% of daily need)

Calories: 61.59kcal (3.08%), Fat: 2.59g (3.99%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 8.31g (3.02%), Sugar: 4.96g (5.51%), Cholesterol: 4.86mg (1.62%), Sodium: 21.57mg (0.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 20.15mg (24.43%), Iron: 0.58mg (3.23%), Selenium: 2.14µg (3.06%), Vitamin B2: 0.04mg (2.62%), Vitamin B1: 0.04mg (2.53%), Folate: 8.44µg (2.11%), Phosphorus: 17.87mg (1.79%), Calcium: 17.67mg (1.77%), Manganese: 0.03mg (1.5%), Vitamin B3: 0.29mg (1.43%), Potassium: 46.19mg (1.32%), Fiber: 0.3g (1.22%)