



WHATSheATE



Sweet Potato-Marshmallow Sandwich Cookies

READY IN



160 min.

SERVINGS



1

CALORIES



5354 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 1 cup butter softened
- ☐ 1 tablespoon little demerara sugar
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1.3 teaspoons konnyaku powder

- ☐ 0.5 cup marshmallow creme
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 0.8 cup powdered sugar
- ☐ 2 cups powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sweet potato puree canned
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 1 serving turtle beans

Equipment

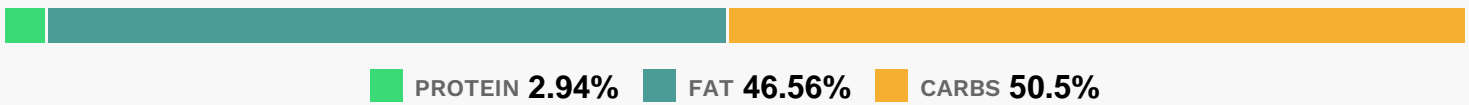
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ stand mixer
- ☐ wax paper

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add 3/4 cup powdered sugar, beating until smooth. Stir in 3/4 cup canned sweet potato puree and 2 tsp. vanilla until blended.
- ☐ Stir together flour and next 6 ingredients. Gradually add flour mixture to butter mixture, beating at low speed until blended.
- ☐ Divide dough in half; flatten each into a disk.
- ☐ Roll each disk to 1/4-inch thickness between 2 sheets of wax paper.
- ☐ Transfer dough, in wax paper, to a baking sheet; chill 1 hour.
- ☐ Preheat oven to 35
- ☐ Working with 1 portion of dough at a time, remove top wax paper; cut with a 2-inch round cutter, rerolling dough scraps once.

- ☐ Place 1 inch apart on parchment paper-lined baking sheets; sprinkle with Demerara sugar.
- ☐ Bake at 350 for 12 to 14 minutes or until edges are golden. Cool on baking sheets 1 minute; transfer to wire racks. Cool completely.
- ☐ Beat marshmallow crme and softened butter with a heavy-duty electric stand mixer at medium speed 2 minutes or until smooth; gradually add 2 cups powdered sugar.
- ☐ Add meringue powder, and beat at high speed 2 minutes or until fluffy. Stir in 1 tsp. vanilla extract.
- ☐ Spread about 2 tsp. mixture between cooled shortbread rounds to form sandwiches. Store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:463, Glycemic Load:174.6, Inflammation Score:-10, Nutrition Score:59.258260809857%

Nutrients (% of daily need)

Calories: 5354.13kcal (267.71%), Fat: 280.41g (431.41%), Saturated Fat: 176.13g (1100.83%), Carbohydrates: 684.24g (228.08%), Net Carbohydrates: 667.34g (242.67%), Sugar: 390.49g (433.88%), Cholesterol: 732.08mg (244.02%), Sodium: 3207.01mg (139.44%), Alcohol: 4.13g (100%), Alcohol %: 0.4% (100%), Protein: 39.83g (79.67%), Vitamin A: 48872.19IU (977.44%), Manganese: 4.21mg (210.42%), Vitamin B1: 2.71mg (180.45%), Selenium: 112.38µg (160.54%), Folate: 597.4µg (149.35%), Vitamin B2: 1.96mg (115.42%), Vitamin B3: 21.92mg (109.59%), Iron: 17.5mg (97.22%), Fiber: 16.9g (67.61%), Phosphorus: 674.55mg (67.46%), Vitamin E: 9.6mg (64.01%), Calcium: 588.23mg (58.82%), Vitamin C: 41.79mg (50.65%), Copper: 0.86mg (42.85%), Potassium: 1486.08mg (42.46%), Vitamin B6: 0.77mg (38.3%), Magnesium: 145.67mg (36.42%), Vitamin B5: 3.61mg (36.12%), Vitamin K: 29.92µg (28.5%), Zinc: 3.43mg (22.87%), Vitamin B12: 0.58µg (9.65%)