

# Sunflower Butter Blossom Cookies

Recipe group	Additional name	Diet factors	Portions	Portion size
Baked Goods, American	Baking & Pastry	VG, NF	12	2.73 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>1</b>	3/4 cup	0 lb 6.68	0%	0 lb 6.68	Butter, Sunflower, oz salted	For Cookie Dough: Using a stand mixer with a paddle attachment, add all ingredients in step 1. Cream until combined.
	1/2 cup	0 lb 4.00	0%	0 lb 4.00	Non-Dairy Butter, oz Unsalted	
	1/2 cup	0 lb 3.55	0%	0 lb 3.55	Sugar, White, oz granulated	
	1/2 cup	0 lb 3.87	0%	0 lb 3.88	Sugar, Brown oz	



*Combine ingredients in step 1.*



*Cream ingredients.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>2</b>	3 tbsp	0 lb 1.50	0%	0 lb 1.50	Non-Dairy Milk, Soy, unsweetened	Add ingredients from step 2 to creamed ingredients in mixer and beat until smooth.
	2 tbsp	0 lb 1.08	1%	0 lb 1.09	Applesauce oz	
	1 tsp	0 lb 0.15	0%	0 lb 0.15	Extract, Vanilla oz	



*Mix in liquids.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>3</b>	1 1/2 cup	0 lb 6.90 OZ	0%	0 lb 6.90 OZ	Flour, All-Purpose	Add ingredients from step 3 to ingredients in mixer and beat until fully combined and dough is formed.
	3/4 tsp	0 lb 0.13 OZ	0%	0 lb 0.13 OZ	Baking Soda	
	1/2 tsp	0 lb 0.07 OZ	0%	0 lb 0.07 OZ	Baking Powder	
	1/2 tsp	0 lb 0.05 OZ	0%	0 lb 0.05 OZ	Salt, Kosher	



*Add dry ingredients.*



*Dough mixed.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>	1/4 cup	0 lb 1.77 OZ	0%	0 lb 1.78 OZ	Sugar, White, granulated	For Baking: Preheat oven to 350°F. Using #24 red scoop, portion cookie dough into balls. In a mixing bowl, add sugar from step 4 and roll each cookie dough ball in it to coat. Set each ball on a lined sheet pan one inch apart.



*Dough rolled in sugar.*



*Dough portioned for baking.*

Capacity  
measure

EP

Trim  
loss

AP Name of ingredient

Methods

5

Bake in oven for 11-13 minutes until golden brown. Cool 3 minutes and then press a small hole in the center of each cookie while still slightly warm. Cool completely.

5



*Cookies baked.*



*Press holes in warm cookies.*

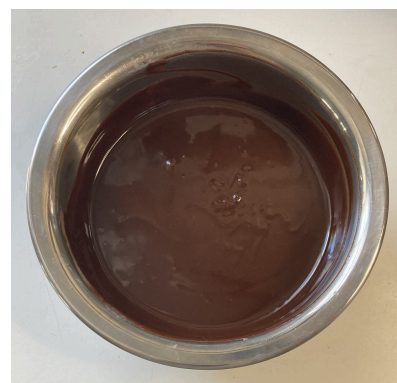
	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
6	3 tbsp	0 lb 1.50 oz	0%	0 lb 1.50 oz Cream, Coconut, sweetened, canned	For Ganache: Over low heat, portion coconut cream in a pan and heat until scalding but not boiling. *Can also heat cream in a microwave using a microwave safe bowl. In a mixing bowl, pour heated cream over chocolate and stir until chocolate is melted and ganache is smooth. Store in a sealed container in cooler until ready for use and pull 20-30 minutes before use to soften.
	1/4 cup	0 lb 1.50 oz	0%	0 lb 1.50 oz Vegan Chocolate Chips, 1M count	



*Steam coconut milk.*



*Stir to combine.*



*Chocolate ganache.*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
7					For Service: Using a spoon or piping bag fill holes in cookies with 1 1/2 teaspoons of ganache. Transfer to serving trays or storage container.

7



*Fill holes with ganache.*

*Portion ganache in holes.*

## RECIPE IMAGES



*Sunflower Butter Blossom Cookies*

## ALLERGENS

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## MEMO

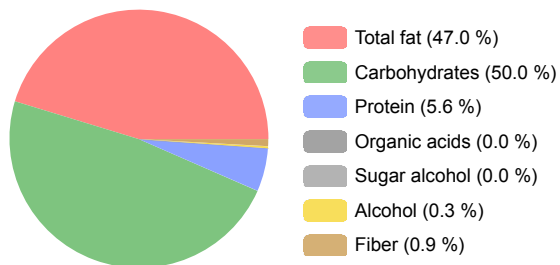
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## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy	343.33 kcal	17 %	Salt	0.47 g	Vitamins	
<b>Total fat</b>	18.25 g	23 %	47.00 %	1,436.48 kJ		Salt	0.61 %	Vitamin A	77.49 µg 9 %
Saturated	3.41 g	17 %	8.79 %			Sodium	188.22 mg 8 %	Vitamin D	0.04 µg 0 %
Monounsaturated	10.23 g		26.34 %			Phosphorus	144.61 mg 12 %	Thiamine	0.04 mg 3 %
Polyunsaturated	3.99 g		10.28 %			Potassium	169.72 mg 4 %	Riboflavin	0.05 mg 4 %
Trans fatty acids	1.42 g		3.65 %			Iron	1.24 mg 7 %	Niacin	1.32 mg 8 %
Cholesterol	0.28 mg	0 %				Calcium	34.60 mg 3 %	Vitamin B6	0.10 mg 6 %
Linolenic acid	3.75 g		9.65 %			Zinc	0.99 mg 9 %	Vitamin B12	0.06 µg 2 %
Alpha-linolenic acid	10.91 mg		0.03 %			Magnesium	60.30 mg 14 %	Folate	0.00 µg 0 %
<b>Total Carbohydrate</b>	42.27 g	15 %	50.03 %			Iodine	0.00 µg 0 %	Vitamin C	0.47 mg 1 %
Sugars total	26.97 g	54 %				Selenium	22.50 µg 41 %	Vitamin E	4.50 mg 30 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.33 mg 37 %	Vitamin K	9.14 µg 8 %
Lactose	0.06 g							Others	
Fiber	1.64 g	6 %	0.92 %					Water	10.53 g
Organic acids	0.00 g		0.00 %						
Sugar alcohol	0.00 g		0.00 %						
Starch	0.13 g		0.16 %						
Protein	4.76 g	10 %	5.63 %						
Alcohol	0.12 g		0.25 %						

## PERCENTAGE OF ENERGY



## CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.