



5 Minute Nutella Cookie

READY IN



5 min.

SERVINGS



1

CALORIES



676 kcal

DESSERT

Ingredients

- ☐ 2 tbsp brown sugar packed
- ☐ 1 tbsp butter
- ☐ 1.5 tbsp chocolate chips
- ☐ 1 large egg yolk
- ☐ 0.3 cup flour
- ☐ 1 tbsp nutella
- ☐ 0.3 tsp vanilla extract

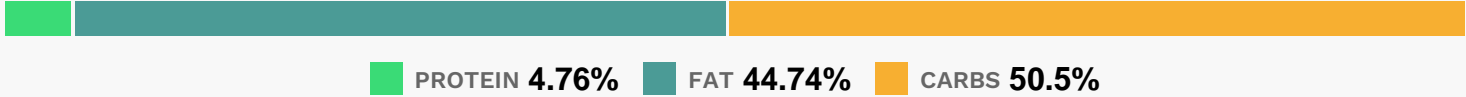
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ microwave

Directions

- ☐ Melt butter for 20 seconds in a small bowl or mug.
- ☐ Add in sugar, vanilla, egg yolk, Nutella, and flour.
- ☐ Mix with a fork until dough comes together. Dough might still be loose so you can use your hands to help thoroughly mix the dough and have the Nutella mixed in.
- ☐ Add in the chocolate chips and mix into the dough.
- ☐ Shape the dough into shape of a cookie.
- ☐ Place on plate lined with parchment paper. Microwave for 50 seconds. Cookie will spread and should look cooked but still delicate/breaks apart easily.
- ☐ Let cookie cool and firm up before eating.

Nutrition Facts



Properties

Glycemic Index:154.33, Glycemic Load:23.44, Inflammation Score:-4, Nutrition Score:12.357391269311%

Nutrients (% of daily need)

Calories: 676.46kcal (33.82%), Fat: 33.75g (51.92%), Saturated Fat: 23.5g (146.86%), Carbohydrates: 85.7g (28.57%), Net Carbohydrates: 82.85g (30.13%), Sugar: 56.44g (62.71%), Cholesterol: 214.13mg (71.38%), Sodium: 122.08mg (5.31%), Alcohol: 0.36g (100%), Alcohol %: 0.31% (100%), Protein: 8.08g (16.17%), Selenium: 21.88µg (31.25%), Manganese: 0.56mg (28.07%), Folate: 87.85µg (21.96%), Iron: 3.71mg (20.61%), Vitamin B1: 0.31mg (20.5%), Vitamin B2: 0.31mg (18.4%), Vitamin E: 2.62mg (17.48%), Phosphorus: 160.72mg (16.07%), Copper: 0.24mg (12.18%), Vitamin A: 601.11IU (12.02%), Fiber: 2.84g (11.37%), Calcium: 106.09mg (10.61%), Vitamin B3: 2.04mg (10.22%), Potassium: 303.72mg (8.68%), Magnesium: 33.97mg (8.49%), Vitamin B5: 0.82mg (8.25%), Vitamin B12: 0.46µg (7.59%), Zinc: 1.02mg (6.82%), Vitamin D: 0.92µg (6.12%), Vitamin B6: 0.11mg (5.71%), Vitamin K: 1.91µg (1.82%)