

90 Second Cookie in a Bowl

READY IN



45 min.

SERVINGS



1

CALORIES



469 kcal

DESSERT

Ingredients

- 1 Tablespoon butter melted
- 1 tablespoon chocolate chips (Also feel free to regulate)
- 1 tablespoon coconut or shredded
- 1 egg yolk
- 0.3 cup flour
- 1 pinch salt
- 2 tablespoons sugar (feel free to regulate this)
- 1 teaspoon vanilla

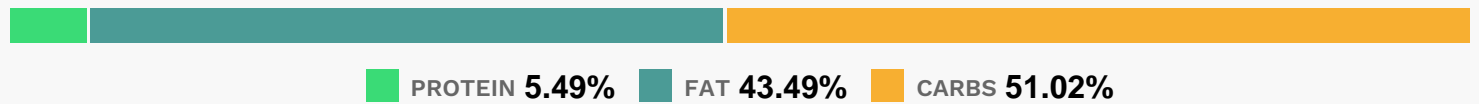
Equipment

- bowl
- microwave

Directions

- Melt your butter and set aside. Separate your egg yolk from the egg white and mix with the melted butter.
- Mix all the ingredients in one bowl and place in the microwave for 90 seconds. (1 min 30 seconds) I did mine in bits so I did one minute first then 15 seconds and another 15 seconds and I enjoyed it with some tea. Hope you like it. [If you would like to donate to Food Clique, please click here](#)
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Nutrition Facts



Properties

Glycemic Index: 205.09, Glycemic Load: 34.04, Inflammation Score: -4, Nutrition Score: 8.7578260869565%

Taste

Sweetness: 100%, Saltiness: 19.36%, Sourness: 4.24%, Bitterness: 1.17%, Savoriness: 11.77%, Fattiness: 56.59%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 468.71kcal (23.44%), Fat: 22.47g (34.57%), Saturated Fat: 13.13g (82.05%), Carbohydrates: 59.32g (19.77%), Net Carbohydrates: 58.02g (21.1%), Sugar: 33.53g (37.26%), Cholesterol: 224.5mg (74.83%), Sodium: 139.64mg (6.07%), Alcohol: 1.38g (7.64%), Protein: 6.38g (12.76%), Selenium: 21.46µg (30.66%), Folate: 85.19µg (21.3%), Vitamin B1: 0.28mg (18.76%), Vitamin B2: 0.26mg (15.5%), Manganese: 0.31mg (15.41%), Vitamin A: 609.42IU (12.19%), Iron: 2.08mg (11.57%), Phosphorus: 113.2mg (11.32%), Vitamin B3: 1.9mg (9.5%), Vitamin B5: 0.71mg (7.07%), Vitamin D: 0.97µg (6.48%), Vitamin B12: 0.37µg (6.25%), Vitamin E: 0.82mg (5.47%), Fiber: 1.29g (5.18%), Zinc: 0.71mg (4.71%), Calcium: 43.39mg (4.34%), Copper: 0.09mg (4.26%), Vitamin B6: 0.08mg (4.05%), Potassium: 123.48mg (3.53%), Magnesium: 10.14mg (2.53%), Vitamin K: 1.21µg (1.15%)