



BAKER'S ONE BOWL Chocolate Bliss Cookies

READY IN



28 min.

SERVINGS



28

CALORIES



198 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 0.3 cup butter softened
- 0.3 tsp calumet baking powder
- 2 eggs
- 0.5 cup flour
- 16 oz baker's semi-sweet chocolate divided
- 1 tsp vanilla
- 2 cups planters walnuts chopped

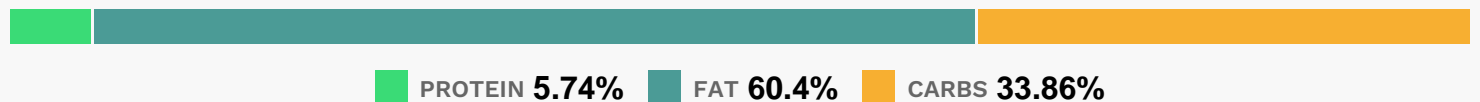
Equipment

- bowl
- baking sheet
- oven
- microwave

Directions

- Heat oven to 350F.
- Chop 8 oz. chocolate; set aside. Microwave remaining chocolate in large microwaveable bowl on HIGH 2 min., stirring after 1 min.; stir until chocolate is completely melted.
- Add butter; stir until melted. Stir in sugar, eggs and vanilla.
- Add flour and baking powder; mix well. Stir in chopped chocolate and nuts. (Note: If omitting nuts, increase flour to 3/4 cup to prevent excessive spreading of cookie dough as cookies bake.)
- Drop rounded tablespoonfuls of dough, 2 inches apart, onto baking sheets.
- Bake 12 to 13 min. or until cookies are puffed and shiny. Cool on baking sheets 1 min.
- Remove to wire racks; cool completely.

Nutrition Facts



Properties

Glycemic Index:8.46, Glycemic Load:1.36, Inflammation Score:-2, Nutrition Score:5.1026087494%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg

Nutrients (% of daily need)

Calories: 198.45kcal (9.92%), Fat: 13.62g (20.95%), Saturated Fat: 5.22g (32.66%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 15.26g (5.55%), Sugar: 11.92g (13.24%), Cholesterol: 17.02mg (5.67%), Sodium: 25.72mg (1.12%), Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Caffeine: 13.93mg (4.64%), Protein: 2.91g (5.83%), Manganese: 0.52mg (26.01%), Copper: 0.34mg (17.17%), Magnesium: 43.19mg (10.8%), Iron: 1.47mg (8.18%), Phosphorus:

81.38mg (8.14%), Fiber: 1.92g (7.67%), Selenium: 3.58µg (5.12%), Zinc: 0.75mg (4.98%), Potassium: 143.99mg (4.11%),
Vitamin B1: 0.05mg (3.51%), Folate: 13.87µg (3.47%), Vitamin B6: 0.06mg (2.96%), Calcium: 28.35mg (2.83%),
Vitamin B2: 0.05mg (2.75%), Vitamin B3: 0.37mg (1.86%), Vitamin B5: 0.16mg (1.64%), Vitamin E: 0.24mg (1.57%),
Vitamin A: 77.39IU (1.55%), Vitamin K: 1.55µg (1.48%), Vitamin B12: 0.06µg (1.01%)