



BAKER'S ONE BOWL Chocolate Bliss Cookies

READY IN



28 min.

SERVINGS



30

CALORIES



185 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

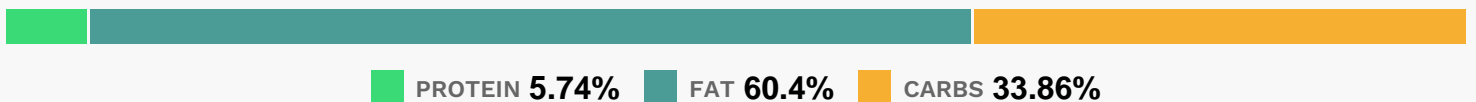
Equipment

- 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:7.9, Glycemic Load:1.27, Inflammation Score:-2, Nutrition Score:4.7617391940692%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

Nutrients (% of daily need)

Calories: 185.22kcal (9.26%), Fat: 12.71g (19.56%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 14.24g (5.18%), Sugar: 11.12g (12.36%), Cholesterol: 15.89mg (5.3%), Sodium: 24.01mg (1.04%), Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Caffeine: 13mg (4.33%), Protein: 2.72g (5.44%), Manganese: 0.49mg (24.28%), Copper: 0.32mg (16.03%), Magnesium: 40.31mg (10.08%), Iron: 1.37mg (7.64%), Phosphorus:

75.95mg (7.6%), Fiber: 1.79g (7.15%), Selenium: 3.34µg (4.78%), Zinc: 0.7mg (4.65%), Potassium: 134.39mg (3.84%),
Vitamin B1: 0.05mg (3.27%), Folate: 12.95µg (3.24%), Vitamin B6: 0.06mg (2.76%), Calcium: 26.46mg (2.65%),
Vitamin B2: 0.04mg (2.56%), Vitamin B3: 0.35mg (1.73%), Vitamin B5: 0.15mg (1.53%), Vitamin E: 0.22mg (1.46%),
Vitamin A: 72.23IU (1.44%), Vitamin K: 1.45µg (1.38%)