



## Big, Soft, Almost Fat Free Chocolate Cookies

 Vegetarian  Dairy Free  Popular

READY IN



15 min.

SERVINGS



24

CALORIES



76 kcal

DESSERT

### Ingredients

- 1 oz baker's chocolate unsweetened
- 0.5 tsp baking soda
- 4 egg whites
- 0.8 cup brown sugar light packed
- 0.3 cup sugar
- 0.5 tsp salt
- 0.3 cup cocoa powder unsweetened
- 2 tsp vanilla extract

- 1 cup flour white all-purpose
- 0.5 cup flour whole wheat

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer
- wooden spoon
- microwave

## Directions

- Preheat oven 35
- Line cookie sheets with parchment paper.
- Place the chocolate square in a small bowl and microwave on High 15 seconds, stir, then continue microwaving in 10 second increments until mostly melted.
- Remove from the microwave and continue stirring until completely melted. Set aside. With an electric mixer on high, beat the egg whites in a large bowl until foamy, about 30 seconds. Beat in both sugars and vanilla until creamy (about 1 minute). Beat in the melted chocolate.
- Remove the beaters and stir in the flour, whole-wheat flour, cocoa powder, baking soda, and salt all at once with a wooden spoon, just until moistened. Drop by rounded tablespoonfuls onto baking sheet.
- Bake until puffed, about 15 minutes. Cool cookies on the baking sheet for 2 minutes, then cool completely on a rack. Cool the baking sheet for 5 minutes before baking additional batches.

## Nutrition Facts



**PROTEIN 8.77%** **FAT 9.83%** **CARBS 81.4%**

## Properties

Glycemic Index:6.05, Glycemic Load:4.81, Inflammation Score:-1, Nutrition Score:2.4065217434064%

## Flavonoids

Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 75.85kcal (3.79%), Fat: 0.87g (1.34%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 15.3g (5.56%), Sugar: 9.57g (10.63%), Cholesterol: 0mg (0%), Sodium: 85.58mg (3.72%), Alcohol: 0.12g (100%), Alcohol %: 0.61% (100%), Protein: 1.75g (3.5%), Manganese: 0.23mg (11.34%), Selenium: 4.63µg (6.62%), Copper: 0.09mg (4.74%), Iron: 0.72mg (3.98%), Fiber: 0.94g (3.74%), Vitamin B1: 0.06mg (3.74%), Magnesium: 14.12mg (3.53%), Vitamin B2: 0.06mg (3.29%), Folate: 11.52µg (2.88%), Phosphorus: 26.9mg (2.69%), Vitamin B3: 0.48mg (2.41%), Zinc: 0.28mg (1.87%), Potassium: 55.95mg (1.6%), Calcium: 10.12mg (1.01%)