



Bittersweet Chocolate Cookies

 Vegetarian

READY IN



111 min.

SERVINGS



40

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.5 cup canola oil
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 tablespoon milk 2% reduced-fat
- ☐ 1 teaspoon meringue powder
- ☐ 2 cups powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cocoa dark unsweetened (such as Hershey's Special)
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water
- ☐ 1 cup flour whole-wheat

Equipment

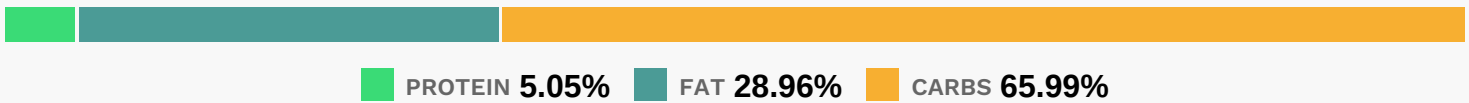
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ To prepare cookies, place the first 3 ingredients in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add 1 teaspoon vanilla and egg; beat until well blended.
- ☐ Weigh or lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Combine flours, cocoa, and salt, stirring with a whisk.
- ☐ Add the flour mixture to sugar mixture; beat at low speed just until flour is incorporated.

- ☐ Place half of dough between two sheets of plastic wrap; roll to a 1/4-inch thickness. Repeat procedure with remaining dough.
- ☐ Place dough (still wrapped in plastic wrap) on a baking sheet. Chill 45 minutes or until firm.
- ☐ Preheat oven to 37
- ☐ Cut dough with a 2 1/2- to 3-inch cutter to form 40 cookies (reroll scraps as necessary). Arrange 20 cookies on a baking sheet lined with parchment paper (keep remaining cookies chilled).
- ☐ Bake at 375 for 9 minutes or until set. Cool on pan on a wire rack 5 minutes; remove cookies from pan. Cool completely on wire rack. Repeat procedure with remaining dough.
- ☐ To prepare icing, combine 1 tablespoon water and meringue powder in a medium bowl, stirring with a whisk until smooth.
- ☐ Add milk and 1/4 teaspoon vanilla.
- ☐ Add powdered sugar, stirring until smooth. Spoon icing into a small zip-top plastic bag. Snip a tiny hole in one bottom corner of bag; pipe designs on cookies.

Nutrition Facts



Properties

Glycemic Index:7.18, Glycemic Load:5.67, Inflammation Score:-1, Nutrition Score:2.3234782938076%

Flavonoids

Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 98.37kcal (4.92%), Fat: 3.34g (5.14%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 16.09g (5.85%), Sugar: 10.95g (12.17%), Cholesterol: 10.78mg (3.59%), Sodium: 60.54mg (2.63%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Caffeine: 3.71mg (1.24%), Protein: 1.31g (2.62%), Manganese: 0.21mg (10.59%), Selenium: 3.9µg (5.57%), Fiber: 1.02g (4.09%), Copper: 0.08mg (4.05%), Magnesium: 13.31mg (3.33%), Phosphorus: 32.46mg (3.25%), Vitamin B1: 0.05mg (3.19%), Iron: 0.55mg (3.07%), Folate: 9.68µg (2.42%), Vitamin B2: 0.04mg (2.22%), Vitamin B3: 0.42mg (2.09%), Zinc: 0.24mg (1.58%), Vitamin A: 78.31IU (1.57%), Vitamin E: 0.2mg (1.35%), Potassium: 42.94mg (1.23%), Calcium: 11.53mg (1.15%)