



Black and White Cookies

 Dairy Free

READY IN



50 min.

SERVINGS



20

CALORIES



304 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter softened
- 2 eggs
- 2 cups flour all-purpose
- 3.3 oz macadamia nuts coarsely chopped
- 0.3 teaspoon salt
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla
- 12 oz chocolate chips white (2 cups)

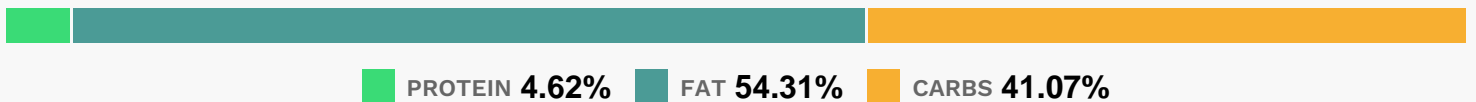
Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 325F. In large bowl, beat brown sugar, butter, vanilla and eggs with electric mixer on medium speed, or mix with spoon, until creamy. Stir in flour, cocoa, baking soda and salt. Stir in white chocolate chunks and nuts.
- Drop dough by 1/4 cupfuls about 2 inches apart onto ungreased large cookie sheet (do not use dark cookie sheet).
- Bake 13 to 16 minutes or until cookies are set and appear dry (do not overbake). Cool 1 minute; remove from cookie sheet to wire rack.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:13.95, Inflammation Score:-4, Nutrition Score:5.3639130598825%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 303.8kcal (15.19%), Fat: 18.82g (28.96%), Saturated Fat: 6.02g (37.65%), Carbohydrates: 32.03g (10.68%), Net Carbohydrates: 30.73g (11.17%), Sugar: 21.02g (23.35%), Cholesterol: 19.94mg (6.65%), Sodium: 216.26mg

(9.4%), Alcohol: 0.07g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.3mg (1.1%), Protein: 3.6g (7.21%), Manganese: 0.34mg (17.04%), Vitamin B1: 0.17mg (11.2%), Selenium: 6.86µg (9.8%), Vitamin A: 434.85IU (8.7%), Vitamin B2: 0.15mg (8.54%), Phosphorus: 74.39mg (7.44%), Folate: 27.32µg (6.83%), Iron: 1.15mg (6.36%), Copper: 0.13mg (6.29%), Calcium: 56.51mg (5.65%), Fiber: 1.3g (5.19%), Vitamin B3: 1.03mg (5.14%), Magnesium: 19.82mg (4.95%), Vitamin E: 0.6mg (3.97%), Potassium: 126.53mg (3.62%), Vitamin B5: 0.29mg (2.88%), Zinc: 0.43mg (2.87%), Vitamin B12: 0.15µg (2.43%), Vitamin B6: 0.04mg (2.12%), Vitamin K: 1.63µg (1.56%)