



Black Beauties

 Dairy Free

READY IN



65 min.

SERVINGS



30

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 17.5 oz basic cookie mix chunk
- 3 tablespoons vegetable oil
- 1 tablespoon water
- 1 eggs
- 0.8 cup chocolate chips white
- 0.5 cup macadamia nuts coarsely chopped
- 1 cup semi chocolate chips
- 1 teaspoon vegetable oil

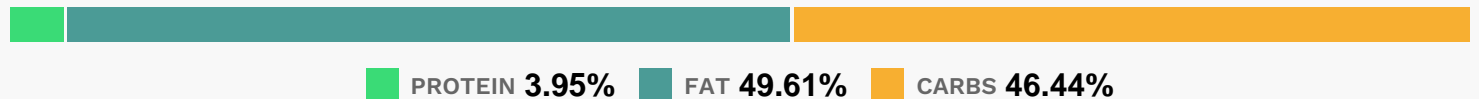
Equipment

- bowl
- baking sheet
- oven
- wire rack
- microwave

Directions

- Heat oven to 375°F. In large bowl, stir cookie mix, 3 tablespoons oil, the water, egg, white chocolate and nuts until soft dough forms. Drop dough by heaping teaspoonfuls onto ungreased cookie sheet.
- Bake 8 to 9 minutes or until set. Cool 1 minute; remove from cookie sheet to wire rack. Cool completely, about 20 minutes.
- In small microwavable bowl, microwave chocolate chips and 1 teaspoon oil on High 1 to 1 1/2 minutes or until melted and smooth. Dip half of each cookie into melted chocolate.
- Place on waxed paper until set, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:2.0721739250357%

Nutrients (% of daily need)

Calories: 162.41kcal (8.12%), Fat: 8.88g (13.67%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 17.61g (6.4%), Sugar: 12.75g (14.17%), Cholesterol: 6.76mg (2.25%), Sodium: 24.23mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.16mg (1.72%), Protein: 1.59g (3.18%), Manganese: 0.17mg (8.63%), Copper: 0.1mg (4.78%), Fiber: 1.1g (4.4%), Magnesium: 14.18mg (3.55%), Vitamin K: 3.62µg (3.45%), Iron: 0.56mg (3.1%), Phosphorus: 30.62mg (3.06%), Vitamin B1: 0.04mg (2.44%), Potassium: 64.57mg (1.84%), Vitamin B2: 0.03mg (1.8%), Selenium: 1.24µg (1.77%), Zinc: 0.24mg (1.6%), Calcium: 15.41mg (1.54%), Vitamin E: 0.23mg (1.53%), Vitamin B3: 0.2mg (1.02%)