

## Brownie Cookie

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



97 kcal

DESSERT

### Ingredients

- ☐ 2 tsp g baking powder
- ☐ 8 oz g chocolate dark
- ☐ 2 large eggs
- ☐ 5.5 oz g/ 1cup+1tbsp flour
- ☐ 8 oz g/ 1cup+2tbsp caster sugar
- ☐ 1 tsp ml vanilla extract
- ☐ 4 oz g
- ☐ 1.8 oz g

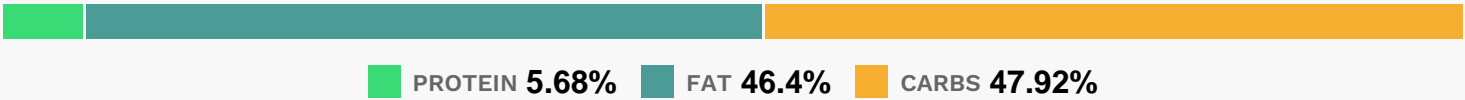
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ baking pan

## Directions

- ☐ Preheat the oven to 350°F/175°C. Line a baking pan with Silpat.
- ☐ Put the chocolate in a bowl and place the bowl in a pan of simmering water for the chocolate to melt. Set aside.Stir together the flour, cocoa, baking powder. Set aside.In a large bowl beat the butter until creamy.
- ☐ Add the sugar gradually until thoroughly dissolved. Next, add the eggs, one at a time. Then beat in the vanilla and melted chocolate until well incorporated.
- ☐ Add the milk, making sure to do so gradually to away splattering.Finally, fold in the flour mixture (or mix on a low speed) until no traces of dry ingredients can be spotted.Drop by tablespoonfuls on the baking sheet, leaving a gap of 1 inch between cookie dough.
- ☐ Bake for 7 minutes. Then let them continue to rest on the baking sheet, because they are still very delicate to transfer to the cooling rack. Once they are firmer, transfer to the cooling rack.Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:7.75, Glycemic Load:6.63, Inflammation Score:-2, Nutrition Score:2.6721739276596%

## Flavonoids

Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin:

0.12mg

Nutrients (% of daily need)

Calories: 97.08kcal (4.85%), Fat: 5.18g (7.97%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 10.86g (3.95%), Sugar: 7.08g (7.86%), Cholesterol: 15.57mg (5.19%), Sodium: 47.7mg (2.07%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Caffeine: 7.39mg (2.46%), Protein: 1.43g (2.85%), Manganese: 0.19mg (9.29%), Copper: 0.16mg (7.75%), Iron: 1.1mg (6.11%), Magnesium: 20.41mg (5.1%), Fiber: 1.18g (4.73%), Phosphorus: 41.45mg (4.15%), Selenium: 2.71µg (3.88%), Vitamin B2: 0.04mg (2.37%), Vitamin B1: 0.03mg (2.31%), Zinc: 0.33mg (2.23%), Folate: 8.79µg (2.2%), Calcium: 21.97mg (2.2%), Potassium: 68.01mg (1.94%), Vitamin A: 86.56IU (1.73%), Vitamin B3: 0.32mg (1.6%)