



Brownie Cookies

 Very Healthy

READY IN



25 min.

SERVINGS



1

CALORIES



8163 kcal

DESSERT

Ingredients

- ☐ 4 oz baker's chocolate unsweetened chopped
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 cups pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 cups semi chocolate chips divided

- ☐ 1.5 cups sugar
- ☐ 2 teaspoons vanilla extract

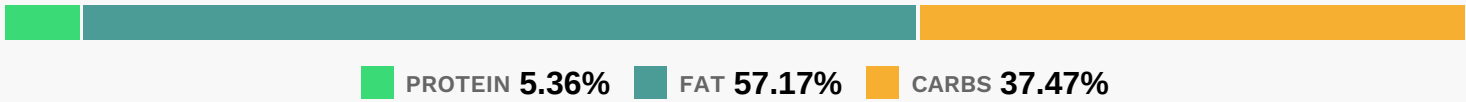
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Combine butter, unsweetened chocolate, and 1 1/2 cups chocolate morsels in a large heavy saucepan. Cook over low heat, stirring constantly, until butter and chocolate melt; cool.
- ☐ Combine flour, baking powder, and salt; set aside.
- ☐ Beat eggs, sugar, and vanilla at medium speed with an electric mixer. Gradually add flour mixture to egg mixture, beating well.
- ☐ Add chocolate mixture; beat well. Stir in remaining 1 1/2 cups chocolate morsels and pecans.
- ☐ Drop dough by 2 tablespoonfuls 1 inch apart onto parchment paper-lined baking sheets.
- ☐ Bake at 350 for 10 minutes. Cool slightly on baking sheets; remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:297.09, Glycemic Load:314.42, Inflammation Score:-10, Nutrition Score:79.389999814655%

Flavonoids

Cyanidin: 23.41mg, Cyanidin: 23.41mg, Cyanidin: 23.41mg, Cyanidin: 23.41mg Delphinidin: 15.87mg, Delphinidin: 15.87mg, Delphinidin: 15.87mg, Delphinidin: 15.87mg Catechin: 88.73mg, Catechin: 88.73mg, Catechin: 88.73mg, Catechin: 88.73mg Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg Epicatechin: 162.62mg, Epicatechin: 162.62mg, Epicatechin: 162.62mg, Epicatechin: 162.62mg

162.62mg Epigallocatechin 3–gallate: 5.01mg, Epigallocatechin 3–gallate: 5.01mg, Epigallocatechin 3–gallate: 5.01mg, Epigallocatechin 3–gallate: 5.01mg

Nutrients (% of daily need)

Calories: 8162.5kcal (408.12%), Fat: 537.02g (826.19%), Saturated Fat: 234.02g (1462.6%), Carbohydrates: 792.16g (264.05%), Net Carbohydrates: 704.14g (256.05%), Sugar: 509.65g (566.27%), Cholesterol: 1020.42mg (340.14%), Sodium: 2477.23mg (107.71%), Alcohol: 2.75g (100%), Alcohol %: 0.21% (100%), Caffeine: 555.12mg (185.04%), Protein: 113.21g (226.41%), Manganese: 23.06mg (1152.93%), Copper: 13.46mg (673.16%), Magnesium: 1654.04mg (413.51%), Iron: 71.99mg (399.93%), Fiber: 88.02g (352.07%), Phosphorus: 3131.49mg (313.15%), Selenium: 190.73µg (272.48%), Zinc: 39.14mg (260.95%), Vitamin B1: 3.34mg (222.45%), Potassium: 5419.15mg (154.83%), Vitamin B2: 2.6mg (153.23%), Folate: 520.24µg (130.06%), Vitamin B3: 19.91mg (99.57%), Calcium: 891.42mg (89.14%), Vitamin A: 4308.45IU (86.17%), Vitamin B5: 7.71mg (77.07%), Vitamin E: 11.54mg (76.92%), Vitamin K: 66.62µg (63.44%), Vitamin B6: 1.1mg (55%), Vitamin B12: 2.94µg (49.08%), Vitamin D: 4µg (26.67%), Vitamin C: 2.4mg (2.91%)