

Brownie cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



136 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.7 cup cocoa powder
- ☐ 0.3 cup confectioners' sugar
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup vegetable oil
- ☐ 2 cups sugar white

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ In a small mixing bowl combine flour and baking powder.
- ☐ Beat oil, sugar, and cocoa together in a large mixing bowl.
- ☐ Add eggs to oil and cocoa mixture one egg at a time, beating well after each addition. Stir in vanilla.
- ☐ Mix in flour mixture. Fold in nuts if desired. Chill the dough overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheet.
- ☐ Roll dough into walnut-size balls and roll each ball in confectioners' sugar.
- ☐ Bake cookies for 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:17.47, Inflammation Score:-2, Nutrition Score:3.4095651973849%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 136.06kcal (6.8%), Fat: 2.54g (3.91%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 26.2g (9.53%), Sugar: 18g (19.99%), Cholesterol: 27.28mg (9.09%), Sodium: 46.68mg (2.03%), Alcohol: 0.11g (100%), Alcohol %: 0.32% (100%), Caffeine: 5.49mg (1.83%), Protein: 2.47g (4.94%), Selenium: 6.23µg (8.9%), Manganese: 0.17mg (8.31%), Folate: 23.27µg (5.82%), Vitamin B1: 0.09mg (5.77%), Copper: 0.11mg (5.62%), Vitamin B2: 0.09mg (5.56%), Iron: 0.99mg (5.5%), Phosphorus: 50.63mg (5.06%), Fiber: 1.17g (4.66%), Magnesium:

15.22mg (3.81%), Vitamin B3: 0.67mg (3.37%), Calcium: 28.53mg (2.85%), Vitamin K: 2.62µg (2.49%), Zinc: 0.33mg (2.22%), Potassium: 58.5mg (1.67%), Vitamin B5: 0.16mg (1.64%), Vitamin E: 0.2mg (1.31%), Vitamin B12: 0.07µg (1.09%)