



Cherry-Almond-Chocolate-Chunk Cookies



Dairy Free

READY IN



15 min.

SERVINGS



30

CALORIES



181 kcal

Ingredients

- ☐ 0.5 cup almonds toasted chopped
- ☐ 4 ounces bittersweet chocolate coarsely chopped
- ☐ 0.5 cup cherries dried chopped
- ☐ 30 servings basic cookie dough

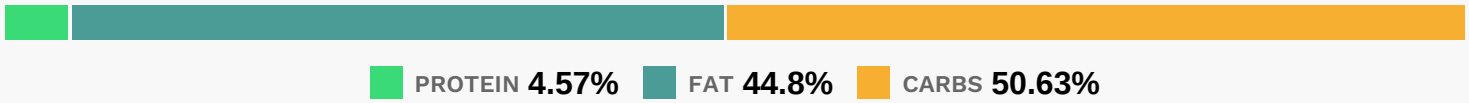
Equipment

- ☐ bowl

Directions

Prepare Basic Cookie Dough through step 3 and scrape batter into a bowl. Stir in dried cherries, bittersweet chocolate, and almonds. Follow baking instructions for basic cookie. Store for 2 weeks at room temperature, or several months in the freezer.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.1386956799289%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 181.01kcal (9.05%), Fat: 9.07g (13.95%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 22.12g (8.04%), Sugar: 13.83g (15.37%), Cholesterol: 3.86mg (1.29%), Sodium: 96.43mg (4.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.25mg (1.08%), Protein: 2.08g (4.16%), Manganese: 0.21mg (10.39%), Phosphorus: 77.54mg (7.75%), Folate: 21.93µg (5.48%), Iron: 0.95mg (5.26%), Vitamin B1: 0.07mg (4.96%), Vitamin E: 0.7mg (4.64%), Vitamin B3: 0.92mg (4.59%), Copper: 0.09mg (4.27%), Vitamin B2: 0.07mg (4.12%), Magnesium: 15.65mg (3.91%), Fiber: 0.95g (3.78%), Vitamin K: 3.22µg (3.07%), Potassium: 92.52mg (2.64%), Selenium: 1.44µg (2.05%), Zinc: 0.26mg (1.7%), Calcium: 11.69mg (1.17%), Vitamin B5: 0.11mg (1.08%)