



Chewy Brownie Cookies

 Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



217 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 2 eggs
- 1.5 cups flour all-purpose
- 1.5 cups brown sugar light packed
- 0.5 teaspoon salt
- 2 cups semi chocolate chips
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

- 0.7 cup shortening
- 1 tablespoon water

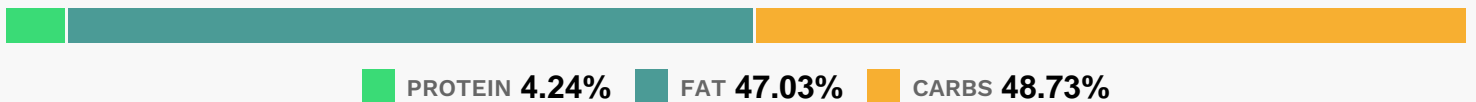
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Beat vegetable shortening and sugar with an electric mixer in a large bowl until smooth. Beat in one egg until completely incorporated. Beat in last egg along with vanilla extract and water.
- Combine flour, cocoa powder, baking soda, and salt in a small bowl. Stir flour mixture into creamed mixture at low speed until just blended; fold in chocolate chips. Drop spoonfuls of dough 2 inches apart onto ungreased baking sheets.
- Bake in preheated oven until cookies are set, 7 to 9 minutes. Cool 2 minutes on baking sheet; transfer cookies to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:4.14, Inflammation Score:-2, Nutrition Score:4.4252173913562%

Flavonoids

Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 217.27kcal (10.86%), Fat: 11.55g (17.77%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 26.93g (8.98%), Net Carbohydrates: 25.15g (9.15%), Sugar: 18.16g (20.18%), Cholesterol: 13.96mg (4.65%), Sodium: 68.24mg

(2.97%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Caffeine: 15.02mg (5.01%), Protein: 2.34g (4.68%), Manganese: 0.3mg (14.79%), Copper: 0.24mg (12.15%), Iron: 1.58mg (8.76%), Magnesium: 34.35mg (8.59%), Selenium: 5.16µg (7.36%), Fiber: 1.78g (7.12%), Phosphorus: 61.46mg (6.15%), Vitamin B1: 0.07mg (4.46%), Folate: 15.88µg (3.97%), Vitamin K: 4.01µg (3.82%), Zinc: 0.56mg (3.75%), Vitamin B2: 0.06mg (3.71%), Potassium: 129.76mg (3.71%), Vitamin E: 0.46mg (3.08%), Vitamin B3: 0.61mg (3.03%), Calcium: 24.57mg (2.46%), Vitamin B5: 0.19mg (1.88%), Vitamin B6: 0.02mg (1.05%)