



Chewy Chocolate Cookies II

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups butter softened
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup walnuts chopped

☐ 2 cups sugar white

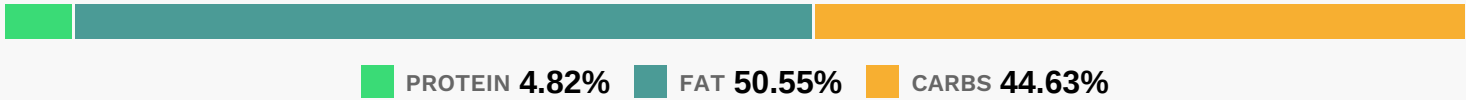
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, cream together margarine and sugar until smooth. Beat in eggs one at a time, then stir in the vanilla.
- ☐ Combine flour, cocoa, baking soda, and salt; stir into the creamed mixture until just blended.
- ☐ Mix in walnuts. Drop by spoonfuls onto ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Cool for a couple of minutes on the cookie sheet before transferring to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:2.290434791504%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 115.65kcal (5.78%), Fat: 6.78g (10.44%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 13.47g (4.49%), Net Carbohydrates: 12.67g (4.61%), Sugar: 8.45g (9.38%), Cholesterol: 6.82mg (2.27%), Sodium: 87.74mg (3.81%), Alcohol: 0.06g (100%), Alcohol %: 0.29% (100%), Caffeine: 3.09mg (1.03%), Protein: 1.46g (2.91%), Manganese: 0.17mg (8.58%), Copper: 0.1mg (4.96%), Vitamin A: 221.84IU (4.44%), Selenium: 2.69µg (3.84%), Vitamin B1: 0.05mg (3.44%), Folate: 13.27µg (3.32%), Fiber: 0.8g (3.2%), Magnesium: 12.12mg (3.03%), Iron: 0.54mg (2.98%), Phosphorus: 28.92mg (2.89%), Vitamin B2: 0.04mg (2.64%), Vitamin B3: 0.37mg (1.84%), Zinc: 0.23mg (1.52%),

Vitamin E: 0.22mg (1.49%), Potassium: 42.17mg (1.2%), Vitamin B6: 0.02mg (1.03%)