



Chewy Chocolate Cookies III

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



162 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 2 cups semi chocolate chips
- ☐ 0.7 cup shortening
- ☐ 0.3 cup cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 tablespoon water

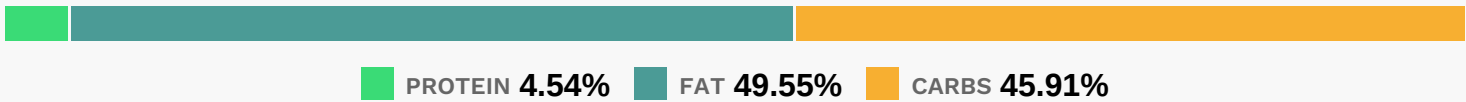
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In large bowl cream shortening, sugar, water and vanilla extract. Beat in eggs. In a separate bowl, combine flour, cocoa, salt and baking soda and gradually add to creamed mixture. Beat until just blended. Stir in chocolate chips and nuts.
- ☐ Drop by rounded teaspoonfuls 2 inches apart on ungreased cookie sheets.
- ☐ Bake at 375 degrees F (190 degrees C) for 7 – 9 minutes. Do not overbake. Cool 2 minutes before removing from cookie sheet.

Nutrition Facts



Properties

Glycemic Index:2.64, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:3.4426087010652%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 161.51kcal (8.08%), Fat: 9.08g (13.97%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 17.58g (6.39%), Sugar: 12.66g (14.06%), Cholesterol: 9.69mg (3.23%), Sodium: 47.42mg (2.06%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 10.43mg (3.48%), Protein: 1.87g (3.74%), Manganese: 0.26mg (13.05%), Copper: 0.19mg (9.73%), Magnesium: 26.42mg (6.61%), Iron: 1.14mg (6.35%), Fiber: 1.34g (5.38%), Selenium: 3.66µg (5.23%), Phosphorus: 48.31mg (4.83%), Vitamin B1: 0.05mg (3.47%), Folate: 12.62µg (3.15%), Zinc:

0.44mg (2.94%), Potassium: 97.28mg (2.78%), Vitamin B2: 0.05mg (2.72%), Vitamin K: 2.83µg (2.69%), Vitamin E: 0.33mg (2.22%), Vitamin B3: 0.44mg (2.2%), Calcium: 18.65mg (1.87%), Vitamin B5: 0.14mg (1.4%), Vitamin B6: 0.02mg (1.17%)