



Chewy Chocolate Cookies Three Ways

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



88 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 1 tsp baking soda
- 1 cup butter
- 1 eggs
- 2 cups flour
- 0.3 tsp salt
- 1 cup sugar
- 1 tsp vanilla

Equipment

- bowl
- baking sheet
- oven
- microwave

Directions

- Mix flour, baking soda and salt. Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min.; stir until melted.
- Add sugar, egg and vanilla; mix well. Gradually add flour mixture, mixing well after each addition. Refrigerate 15 min.
- Heat oven to 375F. Shape dough into 1-inch balls; divide into thirds. Flavor each third with one of the variations as listed in tips.
- Place, 2 inches apart, on baking sheets.
- Bake 8 to 10 min. or just until centers are set to the touch. Cool 1 min.
- Remove to wire racks; cool completely.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:6.17, Inflammation Score:-2, Nutrition Score:1.978260880984%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg

Nutrients (% of daily need)

Calories: 87.89kcal (4.39%), Fat: 5.54g (8.52%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 8.91g (3.24%), Sugar: 4.49g (4.99%), Cholesterol: 3.64mg (1.21%), Sodium: 90.61mg (3.94%), Alcohol: 0.03g (100%), Alcohol %: 0.22% (100%), Protein: 1.07g (2.14%), Manganese: 0.14mg (7.18%), Copper: 0.09mg (4.53%), Iron: 0.72mg (3.98%), Vitamin A: 185.72IU (3.71%), Selenium: 2.41µg (3.45%), Vitamin B1: 0.05mg

(3.21%), Folate: 11.38µg (2.85%), Magnesium: 9.74mg (2.44%), Fiber: 0.57g (2.27%), Vitamin B2: 0.04mg (2.19%), Zinc: 0.29mg (1.97%), Phosphorus: 19.18mg (1.92%), Vitamin B3: 0.36mg (1.82%), Vitamin E: 0.18mg (1.2%)