



WHATSheATE



Choco-damia Banana Cookies

READY IN



70 min.

SERVINGS



36

CALORIES



200 kcal

DESSERT

Ingredients

- ☐ 7 tablespoons butter
- ☐ 6 oz semi chocolate chips
- ☐ 17.5 oz chocolate chip cookie mix
- ☐ 0.7 cup banana ripe mashed (2 small)
- ☐ 1 teaspoon coffee instant
- ☐ 1 eggs
- ☐ 1 cup macadamia nuts chopped
- ☐ 2 food coloring yellow
- ☐ 16 oz cream cheese frosting

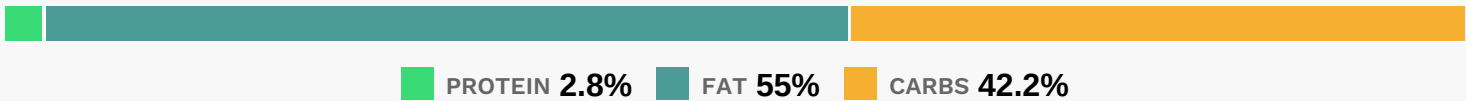
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Heat oven to 375°F. In large microwavable bowl, microwave butter and chocolate chips uncovered on High 1 minute to 1 minute 30 seconds, stirring every 30 seconds, until melted and smooth. Stir in cookie mix, bananas, coffee granules, egg and nuts until well blended.
- ☐ On ungreased cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart.
- ☐ Bake 9 to 11 minutes or until set. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely, about 30 minutes.
- ☐ Stir food color into frosting.
- ☐ Place frosting in 1-quart food-storage plastic bag; seal bag.
- ☐ Cut small tip from corner of bag. Squeeze bag to drizzle frosting over cookies.

Nutrition Facts



Properties

Glycemic Index:3.15, Glycemic Load:4.68, Inflammation Score:-2, Nutrition Score:2.5347826027352%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg

Nutrients (% of daily need)

Calories: 199.58kcal (9.98%), Fat: 12.45g (19.15%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 20.33g (7.39%), Sugar: 14.72g (16.35%), Cholesterol: 5.93mg (1.98%), Sodium: 101.64mg (4.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.94mg (1.65%), Protein: 1.43g (2.86%), Manganese: 0.23mg (11.32%), Vitamin B1: 0.09mg (6.21%), Magnesium: 19.02mg (4.76%), Copper: 0.09mg (4.64%), Fiber: 1.16g

(4.62%), Iron: 0.65mg (3.62%), Phosphorus: 30.15mg (3.02%), Folate: 10.8µg (2.7%), Vitamin B2: 0.04mg (2.5%), Potassium: 83.74mg (2.39%), Vitamin B3: 0.44mg (2.18%), Vitamin A: 108.11IU (2.16%), Zinc: 0.27mg (1.77%), Selenium: 1µg (1.43%), Vitamin B6: 0.02mg (1.22%)