



Chocolate Brownie Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 3 tablespoons cacao nibs
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 1 teaspoon kosher salt
- ☐ 3 cups powdered sugar gluten-free
- ☐ 0.8 cup cocoa powder unsweetened

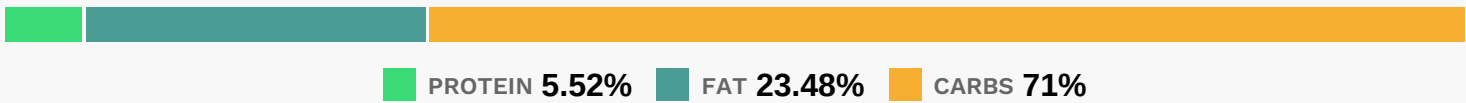
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Place racks in lower and upper thirds of oven; preheat to 350°F.
- ☐ Whisk powdered sugar, cocoa powder, and salt in a large bowl, then whisk in egg whites and egg; fold in chocolate and cacao nibs. Spoon batter by the tablespoonful onto 2 parchment-lined baking sheets, spacing 2" apart.
- ☐ Bake, rotating sheets once, until cookies are puffed, cracked, and set just around the edges, 14–16 minutes.
- ☐ Transfer baking sheets to wire racks and let cookies cool on pan (they'll firm up).
- ☐ DO AHEAD: Cookies can be baked 3 days ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.1830434851024%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 101.3kcal (5.07%), Fat: 2.82g (4.34%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 17.71g (6.44%), Sugar: 16.49g (18.32%), Cholesterol: 8.03mg (2.68%), Sodium: 105.76mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.24mg (3.41%), Protein: 1.49g (2.98%), Manganese: 0.17mg (8.37%), Copper: 0.16mg (8.2%), Fiber: 1.49g (5.96%), Magnesium: 23.43mg (5.86%), Iron: 0.72mg (4%), Phosphorus: 36.55mg (3.65%), Selenium: 2.06µg (2.94%), Zinc: 0.34mg (2.25%), Potassium: 75.32mg (2.15%), Vitamin B2: 0.03mg (1.96%)