



Chocolate Brownie Cookies

 Dairy Free

READY IN



27 min.

SERVINGS



27

CALORIES



179 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 6 Tbsp butter
- 1 tsp calumet baking powder
- 3 eggs lightly beaten
- 1 cup flour
- 2 cups planters pecans toasted chopped
- 0.3 tsp salt
- 4 oz baker's semi-sweet chocolate (6 oz.)

- 1.3 cups sugar
- 2 tsp vanilla

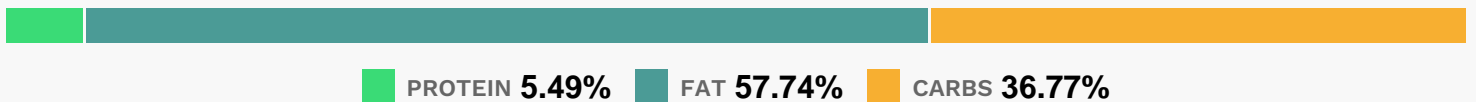
Equipment

- bowl
- baking sheet
- oven
- microwave

Directions

- Preheat oven to 325F. Microwave chocolates and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted.
- Add sugar; mix well. Blend in eggs and vanilla.
- Add flour, baking powder and salt; mix until well blended. Stir in pecans.
- Drop rounded tablespoonfuls of dough, 2 inches apart, onto baking sheets.
- Bake 12 min. or until cookies feel set to the touch. Cool 1 min.; remove from baking sheet. to wire racks. Cool completely. Store in tightly covered container at room temperature for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:9.15, Glycemic Load:9.1, Inflammation Score:-3, Nutrition Score:5.1699999797603%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 3.23mg, Catechin: 3.23mg, Catechin: 3.23mg, Catechin: 3.23mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 6.02mg, Epicatechin: 6.02mg, Epicatechin: 6.02mg, Epicatechin: 6.02mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 178.89kcal (8.94%), Fat: 12.13g (18.66%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 15.52g (5.64%), Sugar: 11.18g (12.42%), Cholesterol: 18.44mg (6.15%), Sodium: 79.08mg (3.44%), Alcohol: 0.11g (100%), Alcohol %: 0.36% (100%), Caffeine: 6.97mg (2.32%), Protein: 2.59g (5.19%), Manganese: 0.59mg (29.74%), Copper: 0.29mg (14.36%), Iron: 1.51mg (8.38%), Magnesium: 31.79mg (7.95%), Fiber: 1.86g (7.45%), Phosphorus: 67.5mg (6.75%), Vitamin B1: 0.09mg (6.3%), Zinc: 0.94mg (6.3%), Selenium: 4.1µg (5.85%), Vitamin B2: 0.06mg (3.78%), Folate: 13.59µg (3.4%), Potassium: 102.43mg (2.93%), Vitamin A: 143.89IU (2.88%), Calcium: 27.37mg (2.74%), Vitamin B3: 0.46mg (2.28%), Vitamin E: 0.29mg (1.97%), Vitamin B5: 0.18mg (1.81%), Vitamin B6: 0.03mg (1.43%)