



Chocolate-Cherry Heart Smart Cookies

READY IN



45 min.

SERVINGS



30

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 ounces bittersweet chocolate coarsely chopped
- ☐ 1 cup cherries dried
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup brown sugar light packed
- ☐ 1.5 cups old-fashioned rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup flour whole-wheat

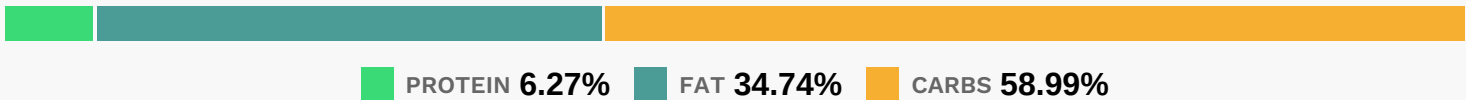
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and next 3 ingredients (through salt) in a large bowl; stir with a whisk.
- ☐ Melt butter in a small saucepan over low heat.
- ☐ Remove from heat; add brown sugar, stirring until smooth.
- ☐ Add sugar mixture to flour mixture; beat with a mixer at medium speed until well blended.
- ☐ Add cherries, vanilla, and egg; beat until combined. Fold in chocolate. Drop dough by tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray.
- ☐ Bake at 350 for 12 minutes. Cool on pans 3 minutes or until almost firm.
- ☐ Remove cookies from pans; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:1.7, Inflammation Score:-2, Nutrition Score:2.4039130275664%

Nutrients (% of daily need)

Calories: 97.96kcal (4.9%), Fat: 3.83g (5.89%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 13.43g (4.88%), Sugar: 8.54g (9.49%), Cholesterol: 12.39mg (4.13%), Sodium: 80.69mg (3.51%), Alcohol: 0.05g (100%), Alcohol %: 0.24% (100%), Protein: 1.55g (3.11%), Manganese: 0.25mg (12.65%), Fiber: 1.2g (4.79%), Selenium: 3.31µg (4.73%), Vitamin A: 223.94IU (4.48%), Phosphorus: 34.45mg (3.45%), Magnesium: 13.48mg (3.37%), Iron: 0.6mg (3.33%), Copper: 0.06mg (3.15%), Vitamin B1: 0.04mg (2.53%), Zinc: 0.29mg (1.95%), Vitamin B2: 0.03mg (1.5%), Calcium: 14.37mg (1.44%), Potassium: 47.57mg (1.36%), Folate: 5.35µg (1.34%), Vitamin B3: 0.23mg (1.13%), Vitamin B5: 0.1mg (1.04%)