



Chocolate Chip Cookie Dough Balls

 Popular

READY IN



95 min.

SERVINGS



36

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 6 blocks chocolate–almond bark such as candyquik
- ☐ 0.3 cup apple sauce
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup butter room temperature
- ☐ 0.3 cup brown sugar dark packed
- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon salt

- ☐ 1 cup semi chocolate chips mini
- ☐ 12 ounces semi chocolate chips dark
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ hand mixer
- ☐ wax paper
- ☐ ice cream scoop

Directions

- ☐ Watch how to make this recipe.
- ☐ For the cookie dough balls: In an electric mixer, beat the butter, granulated sugar, brown sugar, applesauce and vanilla together until smooth. Sift the flour, baking soda and salt together, and with the mixer running, slowly add to the butter mixture.
- ☐ Mix in the chocolate chips. Scoop out the batter using a mini ice cream scoop and roll it into balls.
- ☐ Place the dough balls about an inch apart on a baking sheet lined with wax paper and transfer them to the freezer for 30 minutes to let the dough set up.
- ☐ For the dipping chocolate: While the dough is chilling, melt the chocolate wafers and chocolate-almond bark together in a heavy-bottomed saucepan over low heat, stirring constantly.
- ☐ Remove the chilled dough balls from the freezer. Using two spoons, dip the balls one at a time in the melted chocolate, rolling them to coat fully. Returned the dough balls to the wax paper-lined baking sheet and refrigerate until set, about 30 minutes. Store in the fridge for up to 2 weeks.

Nutrition Facts



 PROTEIN **3.89%**  FAT **51.29%**  CARBS **44.82%**

Properties

Glycemic Index:5.42, Glycemic Load:6.26, Inflammation Score:-2, Nutrition Score:3.4521739192955%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 168.85kcal (8.44%), Fat: 9.67g (14.88%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 17.55g (6.38%), Sugar: 11.83g (13.15%), Cholesterol: 10mg (3.33%), Sodium: 76.81mg (3.34%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 13.78mg (4.59%), Protein: 1.65g (3.3%), Manganese: 0.26mg (12.78%), Copper: 0.21mg (10.51%), Magnesium: 29.82mg (7.46%), Iron: 1.31mg (7.29%), Fiber: 1.46g (5.86%), Selenium: 3.5µg (4.99%), Phosphorus: 49.38mg (4.94%), Vitamin B1: 0.05mg (3.57%), Zinc: 0.47mg (3.15%), Potassium: 101.89mg (2.91%), Folate: 11.31µg (2.83%), Vitamin B3: 0.5mg (2.49%), Vitamin B2: 0.04mg (2.39%), Vitamin A: 113.55IU (2.27%), Vitamin K: 1.47µg (1.4%), Calcium: 13.26mg (1.33%), Vitamin E: 0.2mg (1.32%)