

Chocolate Chocolate Chip Cake Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups semi chocolate chips
- ☐ 1 cup butter unsalted
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

☐ 1.5 cups sugar white

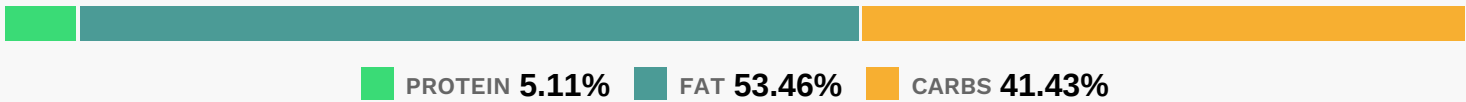
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large mixing bowl, cream together the butter and sugar until light and fluffy. This should take about 10 minutes!
- ☐ Add the eggs one at a time and mix to incorporate.
- ☐ Add the vanilla and mix thoroughly.
- ☐ In a 1 gallon plastic food bag, place the all-purpose flour, baking soda, kosher salt and cocoa powder. Seal the bag and massage the ingredients to combine. The mixture will appear homogenous with no separate ingredients showing.
- ☐ Add the flour and cocoa mix to the creamed butter and sugar.
- ☐ Mix together until the dough appears completely combined - about 3 minutes.
- ☐ Add all the walnuts and chocolate chips and stir them into the dough. Drop by two teaspoonfuls onto an ungreased cookie sheet. Or roll into balls, place about two inches apart on the sheet, and flatten slightly with your fingers.
- ☐ Bake for 11 minutes at 350 degrees F (175 degrees C). The cookies will appear to be just barely firm with a sheen to their surfaces. Allow to cool on the sheet for about one minute before removing to a cooling rack to cool completely. Store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:7.27, Inflammation Score:-2, Nutrition Score:3.2856521933623%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 141.88kcal (7.09%), Fat: 8.71g (13.4%), Saturated Fat: 4.39g (27.46%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 13.84g (5.03%), Sugar: 9.11g (10.12%), Cholesterol: 17.44mg (5.81%), Sodium: 39.97mg (1.74%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Caffeine: 9.2mg (3.07%), Protein: 1.87g (3.75%), Manganese: 0.27mg (13.26%), Copper: 0.19mg (9.39%), Magnesium: 24.48mg (6.12%), Iron: 0.99mg (5.49%), Fiber: 1.35g (5.38%), Selenium: 3.33µg (4.76%), Phosphorus: 47.1mg (4.71%), Vitamin B1: 0.05mg (3.57%), Folate: 13.31µg (3.33%), Zinc: 0.42mg (2.8%), Vitamin B2: 0.05mg (2.78%), Vitamin A: 132.32IU (2.65%), Potassium: 80.92mg (2.31%), Vitamin B3: 0.43mg (2.14%), Vitamin E: 0.19mg (1.3%), Calcium: 11.6mg (1.16%), Vitamin B6: 0.02mg (1.13%)