



Chocolate Chubbies

READY IN



45 min.

SERVINGS



42

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 2 ounce chocolate squares unsweetened chopped
- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups pecans coarsely chopped
- ☐ 0.1 teaspoon salt
- ☐ 6 ounce semisweet chocolate squares chopped
- ☐ 12 ounces semisweet chocolate morsels

- ☐ 1 cup sugar
- ☐ 2 cups walnuts coarsely chopped

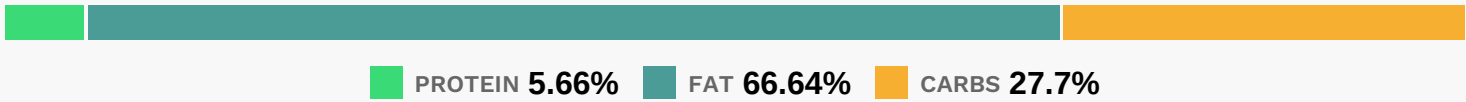
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Combine first 3 ingredients in a heavy saucepan; cook, stirring often, over low heat until chocolate melts.
- ☐ Remove from heat; cool slightly.
- ☐ Beat eggs and sugar at medium speed with an electric mixer until smooth; add chocolate mixture, beating well.
- ☐ Combine flour, baking powder, and salt; add to chocolate mixture, stirring just until dry ingredients are moistened. Fold in chocolate morsels, pecans, and walnuts.
- ☐ Drop batter by tablespoonfuls 2 inches apart onto lightly greased baking sheets.
- ☐ Bake at 325 for 12 to 15 minutes or until done. Cool cookies on baking sheet 1 minute.
- ☐ Remove to wire racks; cool.

Nutrition Facts



Properties

Glycemic Index:7.55, Glycemic Load:3.85, Inflammation Score:-2, Nutrition Score:5.324782586616%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Epigallocatechin 3-gallate:

0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg

Nutrients (% of daily need)

Calories: 188.51kcal (9.43%), Fat: 14.55g (22.39%), Saturated Fat: 4.81g (30.09%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 11.52g (4.19%), Sugar: 9.59g (10.66%), Cholesterol: 17.89mg (5.96%), Sodium: 30.34mg (1.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.53mg (3.84%), Protein: 2.78g (5.57%), Manganese: 0.65mg (32.37%), Copper: 0.35mg (17.51%), Magnesium: 41.52mg (10.38%), Fiber: 2.09g (8.35%), Phosphorus: 79.99mg (8%), Iron: 1.4mg (7.78%), Zinc: 0.91mg (6.08%), Vitamin B1: 0.07mg (4.43%), Selenium: 3µg (4.28%), Potassium: 132.21mg (3.78%), Vitamin B6: 0.05mg (2.59%), Vitamin B2: 0.04mg (2.58%), Folate: 10.07µg (2.52%), Calcium: 23.38mg (2.34%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.18mg (1.75%), Vitamin A: 74.4IU (1.49%), Vitamin B3: 0.29mg (1.45%), Vitamin K: 1.48µg (1.41%)