



Chocolate Chunk and Almond Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



210 kcal

Ingredients

- ☐ 4 ounces almonds toasted chopped
- ☐ 40 servings grands flaky refrigerator biscuits
- ☐ 12 ounces bittersweet chocolate chopped (or chips)

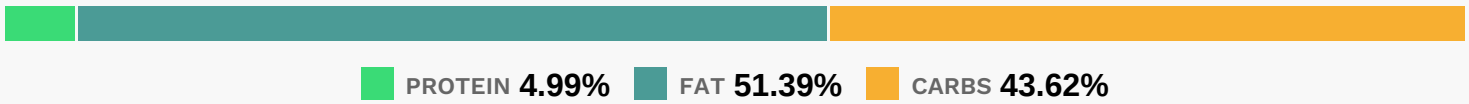
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Make the cookie base recipe, adding the chocolate and almonds. Shape, bake, and cool according to the base recipe.To Make Now and
- ☐ Bake Later: When you mix a batch of cookies, double the recipe.
- ☐ Bake half the dough according to the recipe and divide the rest into 4 equal portions.
- ☐ Roll each portion into a log about 1 1/2 inches in diameter. Wrap each log in plastic, then place in a resealable plastic bag. To save yourself time and hassle, label the bag with the flavor, the oven temperature, and the baking time, adding 3 to 6 minutes to the regular oven time. Freeze the dough for up to 3 months. To bake, slice the frozen dough into rounds about 1/2 inch thick, making as few or as many as you would like.
- ☐ Bake on a parchment- or foil-lined baking sheet.

Nutrition Facts



Properties

Glycemic Index:1.85, Glycemic Load:11.23, Inflammation Score:-2, Nutrition Score:4.449565185153%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 209.58kcal (10.48%), Fat: 12.01g (18.48%), Saturated Fat: 4.25g (26.56%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 21.54g (7.83%), Sugar: 9.29g (10.33%), Cholesterol: 0.51mg (0.17%), Sodium: 99.72mg (4.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.31mg (2.44%), Protein: 2.63g (5.25%), Manganese: 0.3mg (14.87%), Vitamin E: 1.46mg (9.73%), Iron: 1.48mg (8.21%), Copper: 0.16mg (8.03%), Vitamin B2: 0.12mg (7.32%), Vitamin B1: 0.11mg (7.16%), Magnesium: 26.54mg (6.64%), Folate: 23.93µg (5.98%), Fiber: 1.4g (5.6%), Vitamin B3: 1.09mg (5.46%), Phosphorus: 54.23mg (5.42%), Selenium: 2.57µg (3.67%), Vitamin K: 3.69µg (3.52%), Zinc: 0.45mg (3.01%), Potassium: 93.64mg (2.68%), Calcium: 16.54mg (1.65%), Vitamin B6: 0.03mg (1.33%), Vitamin B5: 0.12mg

(1.23%)