



Chocolate chunk pecan cookies

 Vegetarian

READY IN



27 min.

SERVINGS



12

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 200 g chocolate dark green (we like & Black's)
- ☐ 100 g butter chopped
- ☐ 50 g muscovado sugar light
- ☐ 85 g golden caster sugar
- ☐ 1 tsp vanilla extract
- ☐ 1 eggs beaten
- ☐ 100 g pecan whole
- ☐ 100 g flour plain

☐ 1 tsp bicarbonate of soda

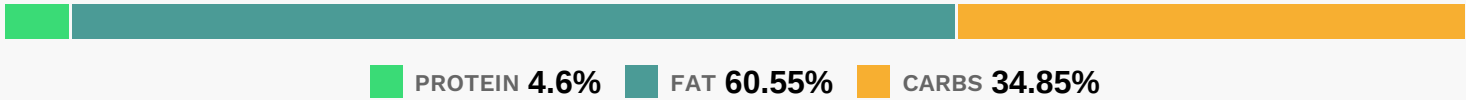
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Melt 85g chocolate in the microwave on High for 1 min or over a pan of simmering water.
- ☐ Beat in the butter, sugars, vanilla and egg until smooth, then stir in three-quarters of both the nuts and remaining chocolate, then the flour and bicarbonate of soda.
- ☐ Heap 12 spoonfuls, spaced apart, on 2 baking sheets (dont spread the mixture), then poke in the reserved nuts and chocolate.
- ☐ Bake for 12 mins until firm, then leave to cool on the sheets. Can be stored in a tin for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:5.98, Inflammation Score:-4, Nutrition Score:7.3921738286381%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 296.33kcal (14.82%), Fat: 20.29g (31.22%), Saturated Fat: 9.01g (56.3%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 23.44g (8.52%), Sugar: 15.33g (17.03%), Cholesterol: 32.06mg (10.69%), Sodium: 170.35mg (7.41%), Alcohol: 0.12g (100%), Alcohol %: 0.27% (100%), Caffeine: 13.33mg (4.44%), Protein: 3.47g (6.94%), Manganese: 0.77mg (38.28%), Copper: 0.41mg (20.73%), Iron: 2.73mg (15.15%), Magnesium: 51.58mg (12.89%), Fiber: 2.84g (11.37%), Phosphorus: 93.15mg (9.31%), Vitamin B1: 0.13mg (8.53%), Selenium: 5.62µg (8.03%), Zinc: 1.05mg (6.97%), Potassium: 184.79mg (5.28%), Vitamin B2: 0.08mg (5%), Folate: 19.17µg (4.79%), Vitamin A: 239.22IU (4.78%), Vitamin B3: 0.79mg (3.93%), Calcium: 32.68mg (3.27%), Vitamin E: 0.45mg (3.01%), Vitamin B5: 0.26mg (2.58%), Vitamin K: 2.13µg (2.03%), Vitamin B6: 0.04mg (1.93%), Vitamin B12: 0.09µg (1.56%)