



## Chocolate Cookie Bites

 Vegetarian

READY IN



23 min.

SERVINGS



100

CALORIES



38 kcal

DESSERT

### Ingredients

- 1 cup butter softened
- 2 cups flour all-purpose
- 2 tablespoons milk
- 0.8 cup pecans chopped
- 1.3 cups powdered sugar divided
- 0.3 teaspoon salt
- 0.3 cup cocoa unsweetened
- 1 teaspoon vanilla extract

## Equipment

- frying pan
- baking sheet
- oven
- hand mixer

## Directions

- Place pecans in a single layer in a shallow pan.
- Bake at 350 for 6 to 8 minutes or until lightly toasted, stirring once halfway through baking time.
- Beat 1 cup powdered sugar and butter at medium speed with an electric mixer until creamy.
- Add milk and vanilla, beating until blended.
- Combine flour, cocoa, and salt; gradually add to butter mixture, beating until blended. Stir in pecans.
- Shape dough into 1-inch balls, and place 1 1/2 inches apart on lightly greased baking sheets.
- Bake at 400 for 11 to 13 minutes or until tops of cookies just begin to crack. Cool on baking sheets 3 minutes.
- Remove to wire racks; dust with remaining 1/4 cup powdered sugar. Cool 10 minutes.

## Nutrition Facts



**PROTEIN 4.18%** **FAT 57.97%** **CARBS 37.85%**

## Properties

Glycemic Index:1.73, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:0.72695652354995%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate:

0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 37.65kcal (1.88%), Fat: 2.49g (3.84%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.44g (1.25%), Sugar: 1.53g (1.7%), Cholesterol: 4.92mg (1.64%), Sodium: 20.65mg (0.9%), Alcohol: 0.01g (100%), Alcohol %: 0.23% (100%), Protein: 0.4g (0.81%), Manganese: 0.06mg (3.11%), Vitamin B1: 0.03mg (1.7%), Selenium: 0.95µg (1.35%), Folate: 4.89µg (1.22%), Vitamin A: 57.67IU (1.15%), Copper: 0.02mg (1.08%)