



Chocolate Cookie Bites

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



125 kcal

DESSERT

Ingredients

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

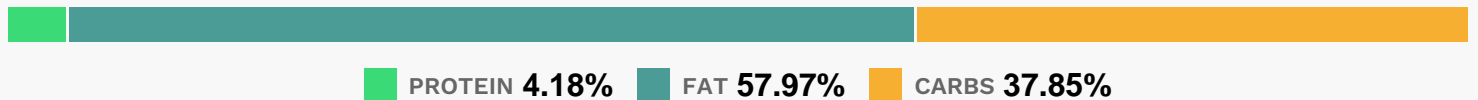
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 400°F. Spray cookie sheets with cooking spray.
- In large bowl, beat 1 cup of the powdered sugar and the butter with electric mixer on medium speed until creamy.
- Add milk and vanilla, beating until blended. In medium bowl, mix flour, cocoa and salt; gradually add flour mixture to butter mixture, beating until blended. Stir in pecans.
- Shape dough into 1-inch balls; place 1 1/2 inches apart on cookie sheets.
- Bake 11 to 13 minutes or until tops of cookies just begin to crack. Cool on cookie sheets 3 minutes.
- Remove to cooling racks; sprinkle with remaining 1/4 cup powdered sugar. Cool 10 minutes.

Nutrition Facts



Properties

Glycemic Index:5.77, Glycemic Load:4.63, Inflammation Score:-2, Nutrition Score:2.4265217359947%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 125.48kcal (6.27%), Fat: 8.31g (12.79%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 11.46g (4.17%), Sugar: 5.1g (5.67%), Cholesterol: 16.39mg (5.46%), Sodium: 68.84mg (2.99%), Alcohol: 0.05g (100%), Alcohol %: 0.23% (100%), Protein: 1.35g (2.7%), Manganese: 0.21mg (10.38%), Vitamin B1: 0.08mg (5.66%), Selenium: 3.16µg (4.51%), Folate: 16.31µg (4.08%), Vitamin A: 192.24IU (3.84%), Copper: 0.07mg (3.62%), Iron: 0.56mg (3.11%), Vitamin B2: 0.05mg (3.03%), Fiber: 0.75g (3.01%), Vitamin B3: 0.54mg (2.72%), Phosphorus: 24.64mg (2.46%), Magnesium: 8.99mg (2.25%), Zinc: 0.24mg (1.61%), Vitamin E: 0.22mg (1.47%)