



Chocolate Cookies with Cocoa Nibs and Lime

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 0.8 cup brown sugar
- ☐ 0.8 cup granulated sugar white
- ☐ 1 large eggs
- ☐ 1 teaspoon vanilla extract
- ☐ 2.5 teaspoons heavy cream
- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 cup cocoa powder unsweetened

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 cup cacao nibs
- ☐ 1 lime zest

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 350°F. Beat the butter and sugars together for about two minutes at medium speed or until well incorporated and light in color.
- ☐ Add the egg, cream, and vanilla extract until well incorporated, about a minute. Be sure to scrape down the sides and the bottom of the bowl halfway through.
- ☐ Sift together the flour, baking soda, baking powder, salt, and cocoa powder.
- ☐ Add to the butter mixture slowly, and beating at medium speed, stopping once all of it is incorporated (do not overmix). Fold in the cocoa nibs and lime zest.
- ☐ Take small spoonfuls of the dough and roll into one inch sized balls and place onto a baking sheet lined with parchment paper.
- ☐ Bake at 350°F for 12 minutes.
- ☐ Let cool on the pan for a few minutes, then transfer to a wire rack to cool completely.
- ☐ Perfect for dipping in homemade limeade or lemonade.

Nutrition Facts



 **PROTEIN 4.82%**  **FAT 48.39%**  **CARBS 46.79%**

Properties

Glycemic Index:6.65, Glycemic Load:4.74, Inflammation Score:-2, Nutrition Score:1.6647826115722%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 92.1kcal (4.6%), Fat: 5.17g (7.96%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 10.35g (3.76%), Sugar: 6.56g (7.28%), Cholesterol: 14.34mg (4.78%), Sodium: 97.63mg (4.24%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Caffeine: 3.09mg (1.03%), Protein: 1.16g (2.32%), Manganese: 0.09mg (4.28%), Fiber: 0.9g (3.6%), Selenium: 2.18µg (3.11%), Copper: 0.06mg (3.06%), Magnesium: 10.72mg (2.68%), Vitamin A: 128.33IU (2.57%), Iron: 0.46mg (2.54%), Vitamin B1: 0.04mg (2.53%), Folate: 9.56µg (2.39%), Vitamin B2: 0.03mg (1.97%), Phosphorus: 19.44mg (1.94%), Vitamin B3: 0.31mg (1.54%), Calcium: 10.13mg (1.01%)