



Chocolate Drop Cookies I

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



82 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup walnuts black chopped
- ☐ 2 tablespoons butter softened
- ☐ 2.5 cups confectioners' sugar
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 1 cup brown sugar light packed
- ☐ 4 tablespoons milk

- ☐ 2 ounce chocolate unsweetened melted
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract

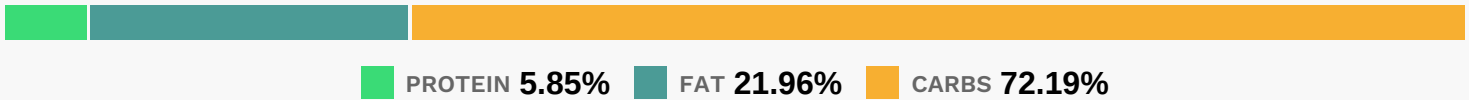
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cream together 1/2 cup butter or margarine and 1 cup light brown sugar until light and fluffy.
- ☐ Add egg, beat thoroughly.
- ☐ Add 1 teaspoon vanilla and mix well. Sift together flour and 1/2 teaspoon baking soda, add alternating with 3/4 cup milk to creamed mixture beginning and ending with dry ingredients. Blend in melted chocolate, then nuts.
- ☐ Drop by teaspoonfuls onto greased cookie sheets.
- ☐ Bake 10 -12 minutes. Cool on wire rack. When cool, frost with Chocolate Icing.
- ☐ Mix confectioners' sugar; 1/4 cup cocoa ; 2 tablespoons butter or margarine, 1/2 teaspoon vanilla and milk.
- ☐ Mix all ingredients until smooth and creamy (may need to add more milk to get creamy consistency) . Frost cookies.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:1.8547826006847%

Flavonoids

Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 82.04kcal (4.1%), Fat: 2.1g (3.23%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 14.93g (5.43%), Sugar: 10.67g (11.86%), Cholesterol: 4.81mg (1.6%), Sodium: 18.85mg (0.82%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 1.26g (2.52%), Manganese: 0.16mg (7.81%), Copper: 0.08mg (4.18%), Selenium: 2.55µg (3.64%), Iron: 0.6mg (3.35%), Vitamin B1: 0.04mg (2.99%), Folate: 10.9µg (2.73%), Magnesium: 10.55mg (2.64%), Phosphorus: 23.72mg (2.37%), Fiber: 0.59g (2.36%), Vitamin B2: 0.04mg (2.18%), Vitamin B3: 0.35mg (1.73%), Zinc: 0.24mg (1.63%), Potassium: 38.56mg (1.1%)