



Chocolate Espresso Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



150 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 3 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2.3 teaspoons ground espresso beans finely
- ☐ 2 cups semi chocolate chips
- ☐ 3 ounce chocolate unsweetened
- ☐ 1 cup walnuts chopped
- ☐ 1 cup sugar white

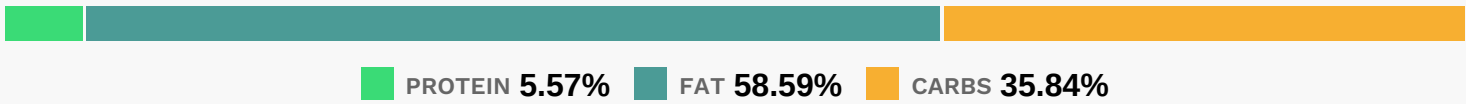
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ double boiler
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets or line them with parchment paper.
- ☐ In the top of a double boiler, melt together the unsweetened chocolate, 1 cup of the chocolate chips and the butter. This can also be done in a microwave oven on low setting. Stir occasionally until melted. In a medium bowl, beat the eggs and sugar until thick and light, about 3 minutes. Stir in the espresso.
- ☐ Add the chocolate mixture, mix well. Sift together the flour and baking powder, fold into the egg mixture. Carefully fold in the chopped nuts and remaining chocolate chips.
- ☐ Drop dough by tablespoonfuls 2 inches apart onto the prepared cookie sheets.
- ☐ Bake for 10 to 12 minutes in the preheated oven. Cookies will have a crackled appearance when done. Cool on baking sheets.

Nutrition Facts



Properties

Glycemic Index:8.53, Glycemic Load:5.37, Inflammation Score:-2, Nutrition Score:3.9086955677232%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 149.73kcal (7.49%), Fat: 10.13g (15.59%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 12.47g (4.53%), Sugar: 9.34g (10.38%), Cholesterol: 21.02mg (7.01%), Sodium: 31.14mg (1.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.76mg (3.59%), Protein: 2.17g (4.34%), Manganese: 0.36mg (18.05%), Copper: 0.26mg (12.98%), Magnesium: 31.55mg (7.89%), Iron: 1.33mg (7.39%), Fiber: 1.48g (5.92%), Phosphorus: 58.34mg (5.83%), Selenium: 3.26µg (4.66%), Zinc: 0.66mg (4.41%), Potassium: 99.36mg (2.84%), Vitamin B1: 0.04mg (2.65%), Folate: 10.43µg (2.61%), Vitamin B2: 0.04mg (2.58%), Vitamin A: 104.24IU (2.08%), Calcium: 17.2mg (1.72%), Vitamin B3: 0.31mg (1.55%), Vitamin B6: 0.03mg (1.45%), Vitamin E: 0.2mg (1.36%), Vitamin B5: 0.12mg (1.24%), Vitamin K: 1.28µg (1.22%)