



Chocolate-Filled Poppy Seed Cookies

READY IN



35 min.

SERVINGS



39

CALORIES



107 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 2 egg yolk
- 2 cups flour all-purpose
- 3 tablespoons poppy seeds
- 0.3 teaspoon salt
- 6 ounces semi chocolate chips melted
- 0.5 cup sugar
- 1 teaspoon vanilla extract

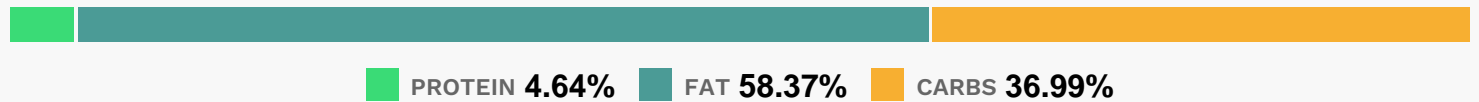
Equipment

- bowl
- baking sheet
- oven
- wooden spoon

Directions

- In a small bowl, cream butter and sugar until light and fluffy. Beat in egg yolks and vanilla.
- Combine the flour, poppy seeds and salt; gradually add to the creamed mixture and mix well.
- Roll into 1-in. balls.
- Place 2 in. apart on ungreased baking sheets. Using the end of a wooden spoon handle, make an indentation in the center of each.
- Bake at 375° for 10–12 minutes or until lightly browned. Immediately make an indentation in the center again.
- Remove to wire racks to cool slightly; fill with melted chocolate.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:5.33, Inflammation Score:-2, Nutrition Score:2.2547826200886%

Nutrients (% of daily need)

Calories: 107.09kcal (5.35%), Fat: 6.99g (10.76%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.32g (3.39%), Sugar: 4.22g (4.69%), Cholesterol: 22.75mg (7.58%), Sodium: 53.56mg (2.33%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Caffeine: 3.75mg (1.25%), Protein: 1.25g (2.5%), Manganese: 0.15mg (7.44%), Selenium: 3.22µg (4.6%), Vitamin B1: 0.06mg (3.97%), Copper: 0.08mg (3.8%), Iron: 0.67mg (3.71%), Folate: 13.82µg (3.46%), Vitamin A: 160.95IU (3.22%), Phosphorus: 29.29mg (2.93%), Magnesium: 11.66mg (2.92%), Fiber: 0.66g (2.63%), Vitamin B2: 0.04mg (2.47%), Vitamin B3: 0.42mg (2.12%), Calcium: 16.25mg (1.63%), Zinc: 0.24mg (1.61%), Vitamin E: 0.2mg (1.34%), Potassium: 39.18mg (1.12%)