

Chocolate Nuggets

READY IN



45 min.

SERVINGS



72

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup flour all-purpose
- ☐ 2 cups semi chocolate chips
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

Equipment

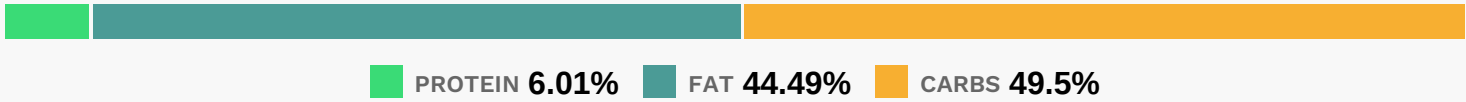
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Melt chocolate chips, butter, condensed milk, sugar and vanilla in a saucepan over medium heat. Stir often.
- ☐ In a separate bowl, combine chocolate mixture, flour and chopped nuts (optional).
- ☐ Drop by spoonfuls onto greased cookie sheet.
- ☐ Bake at 350 degrees F (175 degrees C) for about 10 to 12 minutes. Cookies will be soft. Enjoy!

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:3.27, Inflammation Score:-1, Nutrition Score:1.4147826106004%

Nutrients (% of daily need)

Calories: 61.45kcal (3.07%), Fat: 3.05g (4.7%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 7.2g (2.62%), Sugar: 5.54g (6.15%), Cholesterol: 3.87mg (1.29%), Sodium: 12.62mg (0.55%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Caffeine: 4.3mg (1.43%), Protein: 0.93g (1.86%), Manganese: 0.08mg (3.93%), Copper: 0.07mg (3.29%), Phosphorus: 29.01mg (2.9%), Magnesium: 10.64mg (2.66%), Selenium: 1.84µg (2.62%), Iron: 0.41mg (2.26%), Vitamin B2: 0.03mg (2.02%), Calcium: 19.22mg (1.92%), Fiber: 0.45g (1.79%), Potassium: 50.94mg (1.46%), Vitamin B1: 0.02mg (1.35%), Zinc: 0.2mg (1.32%)