



Chocolate Orange Cookie Cups

 **Gluten Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



30

CALORIES



44 kcal

DESSERT

Ingredients

- 0.5 cup almonds chopped
- 2 large egg whites divided
- 0.5 tablespoon granulated sugar
- 0.5 cup powdered sugar
- 1 ounce bittersweet chocolate
- 0.3 cup butter unsalted divided softened
- 0.3 cup cocoa powder unsweetened

Equipment

- bowl
- frying pan
- oven
- whisk
- microwave
- muffin liners
- muffin tray

Directions

- Preheat oven to 35
- Grease a 12-cup muffin pan and set aside.
- Stir together almonds, powdered sugar, cocoa, orange zest, 3 tbsp. butter, 1 egg white, and 1 tbsp. water in a medium bowl. In another bowl, whisk remaining egg white with granulated sugar until medium peaks form; fold into cocoa mixture. Spoon mixture into prepared muffin cups, dividing evenly.
- Bake until tops look dry, 10 to 12 minutes.
- Let cool 5 minutes, then turn out of pan.
- Meanwhile, microwave remaining 1 tbsp. butter with chocolate in a small bowl until melted.
- Drizzle over warm cookies.

Nutrition Facts



PROTEIN 8.15% **FAT 60.94%** **CARBS 30.91%**

Properties

Glycemic Index:2.67, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.3439130361961%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg

0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg
Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 44.16kcal (2.21%), Fat: 3.19g (4.9%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 3.64g (1.21%), Net
Carbohydrates: 3g (1.09%), Sugar: 2.64g (2.93%), Cholesterol: 4.12mg (1.37%), Sodium: 4.17mg (0.18%), Alcohol: Og
(100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Manganese: 0.09mg (4.74%), Vitamin E: 0.66mg (4.4%),
Copper: 0.06mg (3.22%), Magnesium: 11.95mg (2.99%), Fiber: 0.64g (2.55%), Vitamin B2: 0.04mg (2.36%),
Phosphorus: 19.97mg (2%), Iron: 0.25mg (1.4%), Potassium: 37.81mg (1.08%), Selenium: 0.75µg (1.07%), Zinc: 0.15mg
(1.01%)