



Chocolate Orange Cookies

 Vegetarian

READY IN



50 min.

SERVINGS



36

CALORIES



75 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup butter
- 1 eggs
- 1.5 cups flour all-purpose
- 1 tablespoon orange zest
- 1 pinch salt
- 1 ounce chocolate unsweetened
- 1 teaspoon vanilla extract

0.8 cup sugar white

Equipment

bowl

oven

microwave

Directions

Preheat the oven to 350 degrees F (175 degrees C). In a microwave-safe dish, melt the unsweetened chocolate, stirring frequently until smooth. Set aside.

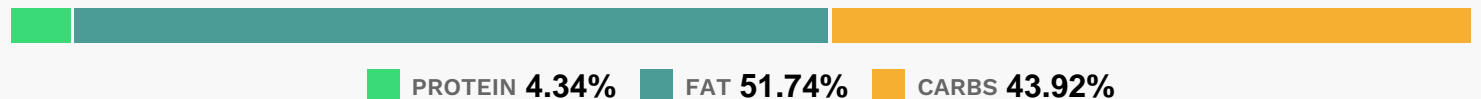
In a medium bowl, cream together the butter and sugar until smooth. Beat in the egg and vanilla.

Combine the flour, baking powder, and salt; stir into the creamed mixture. Divide dough in two.

Mix orange zest into one half, and melted chocolate into the other half. Use a bit of each mixture to form a ball about 1 inch in diameter.

Bake for 8 to 10 minutes in the preheated oven, or until center is set. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:5.81, Inflammation Score:-1, Nutrition Score:1.3560869525308%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg

Nutrients (% of daily need)

Calories: 75.14kcal (3.76%), Fat: 4.43g (6.81%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 8.17g (2.97%), Sugar: 4.2g (4.67%), Cholesterol: 14.71mg (4.9%), Sodium: 45.35mg (1.97%), Alcohol: 0.04g (100%), Alcohol %: 0.29% (100%), Protein: 0.84g (1.67%), Manganese: 0.07mg (3.46%), Selenium: 2.28µg (3.26%), Vitamin B1: 0.04mg (2.87%), Folate: 10.52µg (2.63%), Vitamin A: 125.48IU (2.51%), Iron: 0.42mg (2.32%), Vitamin B2: 0.03mg (2.04%), Copper: 0.03mg (1.72%), Vitamin B3: 0.32mg (1.62%), Phosphorus: 14.81mg (1.48%),

Fiber: 0.29g (1.16%), Calcium: 10.25mg (1.02%), Magnesium: 4.04mg (1.01%)