

Chocolate Pixies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 4 ounce chocolate unsweetened
- ☐ 2 cups sugar white

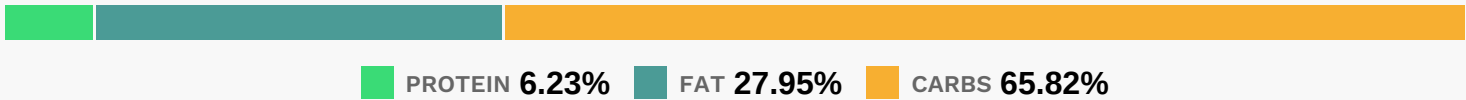
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Melt butter and chocolate together over low heat or in the microwave.
- ☐ In a medium bowl, mix eggs and sugar with an electric mixer until smooth. Stir in melted chocolate mixture. Sift together the flour, baking powder, and salt . Stir dry ingredients into the egg mixture by hand until well blended. Refrigerate for at least 2 hours.
- ☐ Preheat oven to 300 degrees (150 degrees C). Grease cookie sheets.
- ☐ Shape rounded teaspoonfuls into balls and roll in confectioners' sugar.
- ☐ Place cookies 2 inches apart on prepared cookie sheets.
- ☐ Bake for 12 to 15 minutes or until firm to touch.

Nutrition Facts



Properties

Glycemic Index:5.98, Glycemic Load:8.74, Inflammation Score:-1, Nutrition Score:2.0034782692142%

Flavonoids

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: 79.93kcal (4%), Fat: 2.62g (4.03%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 13.35g (4.86%), Sugar: 9.18g (10.2%), Cholesterol: 16.18mg (5.39%), Sodium: 55.47mg (2.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.63%), Manganese: 0.14mg (6.77%), Selenium: 3.15µg (4.5%), Copper: 0.09mg (4.36%), Iron: 0.74mg (4.11%), Vitamin B1: 0.05mg (3.06%), Folate: 11.95µg (2.99%), Vitamin

B2: 0.05mg (2.76%), Phosphorus: 26.27mg (2.63%), Magnesium: 9.38mg (2.35%), Fiber: 0.53g (2.13%), Zinc: 0.31mg (2.09%), Vitamin B3: 0.34mg (1.71%), Calcium: 15.4mg (1.54%)