

Chocolate Raspberry Cookies

READY IN



25 min.

SERVINGS



36

CALORIES



166 kcal

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 0.8 cup brown sugar packed
- 1 cup butter softened
- 2 eggs
- 3 cups flour all-purpose
- 1 cup extra sugar to coat cookies prior to baking white
- 0.5 cup raspberries pureed
- 0.8 teaspoon salt
- 0.8 cup semi chocolate chips cooled melted

0.8 cup sugar

Equipment

bowl

baking sheet

oven

Directions

In a large bowl, cream butter and sugars until light and fluffy.

Add eggs, one at a time, beating well after each addition. Beat in melted chocolate and raspberries.

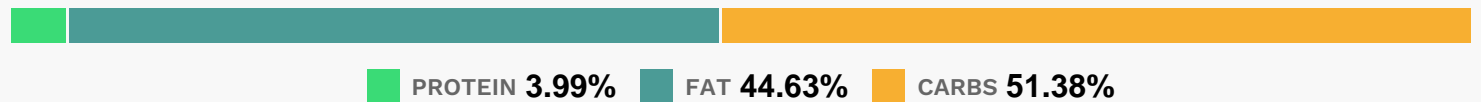
Combine the flour, baking soda and salt; gradually add to creamed mixture. Stir in chips.

Drop by teaspoonfuls 2 in. apart onto ungreased baking sheets.

Bake at 375° for 10–12 minutes or until edges begin to brown.

Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:6.14, Glycemic Load:8.68, Inflammation Score:-2, Nutrition Score:2.751739130072%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 166kcal (8.3%), Fat: 8.41g (12.94%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 20.76g (7.55%), Sugar: 10.1g (11.22%), Cholesterol: 22.88mg (7.63%), Sodium: 117.19mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.22mg (1.08%), Protein: 1.69g (3.39%), Manganese: 0.14mg (6.79%), Selenium: 4.74µg (6.78%), Iron: 1.05mg (5.84%), Vitamin B1: 0.08mg (5.65%), Folate: 20.8µg (5.2%), Fiber: 1.02g (4.1%), Vitamin B2: 0.07mg (4%), Vitamin A: 173.2IU (3.46%), Copper: 0.07mg (3.38%), Vitamin B3: 0.67mg (3.33%), Phosphorus: 28.02mg (2.8%), Magnesium: 10.09mg (2.52%), Zinc: 0.22mg (1.46%), Vitamin E: 0.21mg (1.43%), Potassium: 46mg (1.31%), Vitamin B5: 0.11mg (1.13%), Calcium: 11.06mg (1.11%)