



Chocolate Refrigerator Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 3 tablespoons milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 ounce chocolate unsweetened

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped

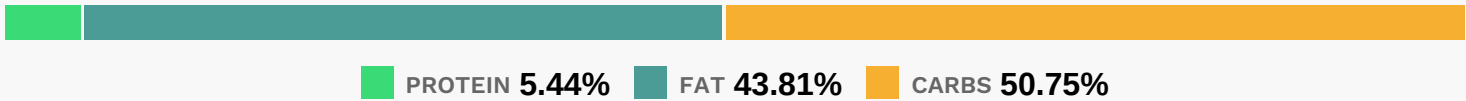
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Thoroughly cream shortening and sugar; add egg and beat well. Melt chocolate over low heat.
- ☐ Add chocolate and vanilla to shortening mixture.
- ☐ Mix well.
- ☐ Sift dry ingredients; add to creamed mixture alternately with milk. Stir in nuts.
- ☐ Shape into rolls. Wrap in waxed paper; chill thoroughly or overnight.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Using a sharp knife, cut 1/4 inch thick slices off the rolls and place about 2 inches apart on cookie sheets.
- ☐ Bake 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:2.92, Inflammation Score:-1, Nutrition Score:1.4830434809884%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg

Nutrients (% of daily need)

Calories: 68.2kcal (3.41%), Fat: 3.41g (5.24%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.56g (3.11%), Sugar: 4.55g (5.06%), Cholesterol: 3.52mg (1.17%), Sodium: 25.53mg (1.11%), Alcohol: 0.01g (100%), Alcohol %: 0.12% (100%), Protein: 0.95g (1.9%), Manganese: 0.11mg (5.25%), Selenium: 2.23µg (3.18%), Vitamin B1: 0.05mg (3.15%), Folate: 11.37µg (2.84%), Copper: 0.05mg (2.44%), Iron: 0.43mg (2.42%), Vitamin B2: 0.03mg (1.98%), Vitamin B3: 0.34mg (1.68%), Phosphorus: 16.07mg (1.61%), Magnesium: 5.65mg (1.41%), Fiber: 0.32g (1.28%), Vitamin K: 1.25µg (1.19%), Calcium: 10.52mg (1.05%), Vitamin E: 0.16mg (1.03%)