



## Chocolate Sparkle Cookies



Gluten Free



Popular

READY IN



45 min.

SERVINGS



30

CALORIES



85 kcal

DESSERT

### Ingredients

- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 2 teaspoons dutch cocoa powder
- ☐ 2 large eggs room temperature
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 cup ground almonds finely
- ☐ 1 tablespoon honey
- ☐ 1 pinch salt
- ☐ 3 tablespoons butter unsalted

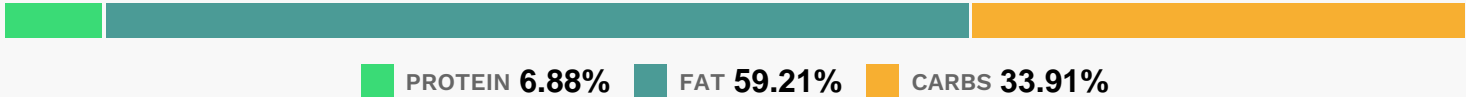
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

# Directions

- ☐ Melt the butter in a microwave-safe bowl or large Pyrex liquid measuring cup.
- ☐ Add the chocolate to the hot butter and stir until it is almost completely melted. Return mixture to the microwave and heat at 50% power, stirring every 30 seconds, until completely melted. Set aside.In a mixing bowl, beat eggs with an electric mixer for about 3 minutes. Gradually add the salt, sugar and honey and continue beating for about 3 to 5 more minutes or until the batter is thick and foamy. Fold in the chocolate-butter mixture.
- ☐ Add the cocoa powder to the almond flour and stir that mixture into the chocolate mixture.Cover and refrigerate for about 2 hours or until thick enough to shape. Scoop up heaping teaspoonfuls and shape into about 30 balls.
- ☐ Put the balls on a tray or plate, cover with plastic wrap and chill overnight. Before baking, roll balls in sparkling sugar.Preheat the oven to 325 degrees F. Arrange sparkly dough balls on a parchment or nonstick foil lined baking sheet about 2 inches apart and bake for 12 minutes or until just set (moist, but not wet).
- ☐ Let cool completely. You should get about 30 pieces.

# Nutrition Facts



# Properties

Glycemic Index:4.08, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:1.6452173875726%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 85.23kcal (4.26%), Fat: 5.75g (8.85%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.48g (2.36%), Sugar: 5.68g (6.31%), Cholesterol: 15.86mg (5.29%), Sodium: 7mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.65mg (2.22%), Protein: 1.5g (3.01%), Manganese: 0.1mg (5.22%), Copper: 0.1mg (5%), Fiber: 0.93g (3.71%), Iron: 0.66mg (3.64%), Magnesium: 14.08mg (3.52%), Phosphorus: 27.11mg (2.71%), Selenium: 1.7µg (2.43%), Zinc: 0.25mg (1.67%), Potassium: 49.22mg (1.41%), Calcium: 12.92mg (1.29%), Vitamin B2: 0.02mg (1.19%), Vitamin A: 56.77IU (1.14%)