



Chocolate Toffee Cookies II

READY IN



45 min.

SERVINGS



36

CALORIES



132 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds chopped
- ☐ 0.5 teaspoon baking soda
- ☐ 1 tablespoon rum dark
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups toffee baking bits
- ☐ 0.5 cup butter unsalted
- ☐ 0.5 cup cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 1.1 cups sugar white

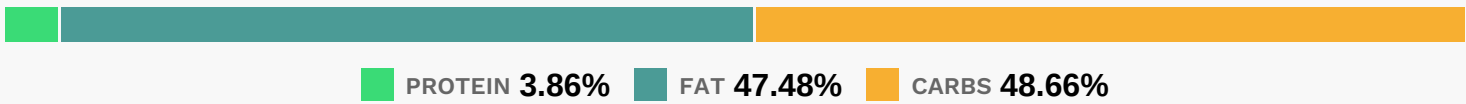
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees F).
- ☐ Beat butter and sugar in large bowl until fluffy.
- ☐ Add egg, rum, and vanilla and beat until well blended.
- ☐ Sift flour, cocoa, baking soda and salt into small bowl. Stir dry ingredients into butter mixture.
- ☐ Mix in toffee and chopped almonds.
- ☐ Drop batter by heaping tablespoonfuls onto heavy large ungreased baking sheet, spacing 2 inches apart.
- ☐ Bake until cookies puff slightly and crack on top but are still soft to tough, about 11 minutes.
- ☐ Let cookies cool on sheet 1 minutes.
- ☐ Transfer cookies to rack and cool completely. Repeat shaping and baking with remaining batter.

Nutrition Facts



Properties

Glycemic Index:6.14, Glycemic Load:9.55, Inflammation Score:-2, Nutrition Score:2.0873912982643%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epigallocatechin: 0.05mg Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 131.76kcal (6.59%), Fat: 7.11g (10.94%), Saturated Fat: 3.86g (24.14%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 15.62g (5.68%), Sugar: 12.63g (14.03%), Cholesterol: 21.58mg (7.19%), Sodium: 47.16mg (2.05%), Alcohol: 0.18g (100%), Alcohol %: 0.81% (100%), Protein: 1.3g (2.6%), Manganese: 0.12mg (5.81%), Vitamin E: 0.69mg (4.6%), Vitamin A: 198.97IU (3.98%), Copper: 0.07mg (3.65%), Vitamin B2: 0.06mg (3.37%), Magnesium: 12.7mg (3.18%), Fiber: 0.78g (3.14%), Phosphorus: 28.42mg (2.84%), Selenium: 1.95µg (2.79%), Iron: 0.43mg (2.39%), Vitamin B1: 0.03mg (2.25%), Folate: 8.48µg (2.12%), Vitamin B3: 0.31mg (1.54%), Zinc: 0.2mg (1.33%), Potassium: 44.2mg (1.26%), Calcium: 12.27mg (1.23%)