



Chocolava

 Vegetarian

READY IN



70 min.

SERVINGS



20

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup sugar
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup dutch-processed cocoa powder
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter softened
- ☐ 3 large egg whites

- ☐ 2 teaspoon vanilla
- ☐ 0.3 cup powdered sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pastry cutter

Directions

- ☐ Heat oven to 350°F. Spray cookie sheets with nonstick cooking spray or line with parchment paper. In a large bowl of a food processor or a large bowl, combine the flour, sugar, brown sugar, cocoa, baking powder and salt, breaking up any lumps of brown sugar.
- ☐ Add the butter and pulse or stir with a fork, pastry cutter or whisk until the mixture is well combined and crumbly. If using food processor, spoon flour mixture into large bowl.
- ☐ Add eggs and vanilla; stir by hand just until the dough comes together. The dough will be fairly dry and it will seem at first that there is not enough moisture, but if you keep stirring or use your fingers, eventually the dough will come together.
- ☐ Place the 1/4 cup powdered sugar into a shallow dish.
- ☐ Roll dough into 1 1/2-inch balls and roll in powdered sugar to coat.
- ☐ Place them about 2 inches apart on a cookie sheets.
- ☐ Bake for 12 to 14 minutes, until just set around the edges but still soft in the middle.
- ☐ Let set 1 to 2 minutes on cookie sheets.
- ☐ Transfer to cooling rack to cool.

Nutrition Facts



 **PROTEIN 6.01%**  **FAT 19.88%**  **CARBS 74.11%**

Properties

Glycemic Index:14.35, Glycemic Load:11.63, Inflammation Score:-2, Nutrition Score:2.4647825904514%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 117.68kcal (5.88%), Fat: 2.72g (4.18%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 21.78g (7.92%), Sugar: 15.15g (16.83%), Cholesterol: 6.1mg (2.03%), Sodium: 78.54mg (3.41%), Alcohol: 0.14g (100%), Alcohol %: 0.51% (100%), Caffeine: 4.95mg (1.65%), Protein: 1.85g (3.7%), Manganese: 0.14mg (7.18%), Selenium: 4.26µg (6.09%), Copper: 0.1mg (4.87%), Vitamin B1: 0.07mg (4.5%), Vitamin B2: 0.07mg (4.21%), Iron: 0.74mg (4.14%), Fiber: 1.02g (4.08%), Folate: 16.26µg (4.06%), Magnesium: 13.6mg (3.4%), Phosphorus: 30.76mg (3.08%), Vitamin B3: 0.55mg (2.75%), Calcium: 20mg (2%), Potassium: 56.09mg (1.6%), Vitamin A: 70.91IU (1.42%), Zinc: 0.21mg (1.41%)