

Chocophiles

READY IN

ready

45 min.

SERVINGS

servings

42

CALORIES

calories

118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce liquid baker's chocolate unsweetened
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup milk chocolate chips
- ☐ 1.3 cups semi-sweet chocolate chips
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup chocolate chips white

☐ 1 cup sugar white

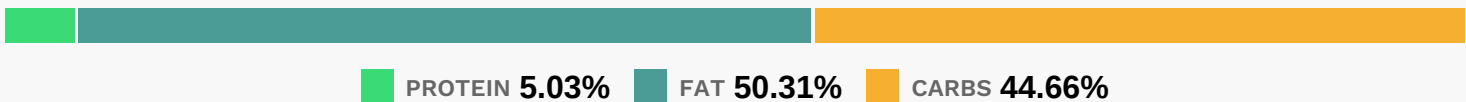
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease cookie sheet.
- ☐ Cream butter, sugar and pre-melted chocolate. Stir in eggs and vanilla; beat until smooth.
- ☐ Sprinkle baking soda over mixture. Slowly blend in the flour. Fold in the white chocolate, semi-sweet and milk chocolate chips.
- ☐ Drop the dough by tablespoons onto a lightly greased cookie sheet (or parchment paper) about 1 inch apart.
- ☐ Bake 8 to 10 minutes. Be careful not to overbake!
- ☐ Let the cookies cool on the cookie sheet for about 10 minutes, then place them on a wire rack to finish cooling.

Nutrition Facts



Properties

Glycemic Index:6.31, Glycemic Load:6.67, Inflammation Score:-2, Nutrition Score:2.7765217557064%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg

Nutrients (% of daily need)

Calories: 118.09kcal (5.9%), Fat: 6.85g (10.54%), Saturated Fat: 4.09g (25.56%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 12.69g (4.62%), Sugar: 8.61g (9.57%), Cholesterol: 14.37mg (4.79%), Sodium: 36.63mg (1.59%), Alcohol: 0.07g (100%), Alcohol %: 0.33% (100%), Caffeine: 6.64mg (2.21%), Protein: 1.54g (3.08%), Manganese:

0.21mg (10.67%), Copper: 0.16mg (8.1%), Iron: 1.05mg (5.84%), Magnesium: 19.56mg (4.89%), Selenium: 2.96µg (4.24%), Fiber: 0.99g (3.96%), Phosphorus: 37.74mg (3.77%), Zinc: 0.48mg (3.17%), Vitamin B1: 0.04mg (2.87%), Vitamin B2: 0.04mg (2.64%), Folate: 10.14µg (2.54%), Potassium: 69.82mg (1.99%), Vitamin B3: 0.36mg (1.82%), Vitamin A: 82.09IU (1.64%), Calcium: 13.55mg (1.35%)