



Chunks

READY IN



27 min.

SERVINGS



48

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon baking soda
- 1.3 cups brown sugar packed
- 1 cup butter softened
- 0.5 cup cashew pieces whole
- 2 eggs
- 2.3 cups flour all-purpose
- 2 cups bittersweet chocolate chopped
- 1 teaspoon vanilla extract

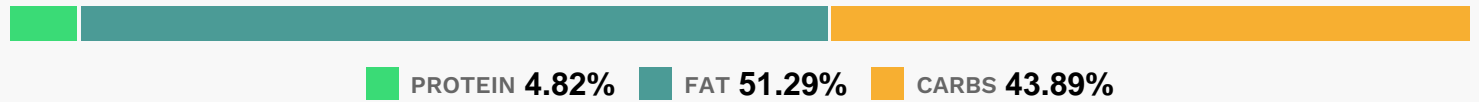
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In large bowl, cream together the brown sugar and butter. Beat in the eggs one at a time, then stir in the vanilla. Sift flour and baking soda together and mix into butter mixture. Stir in cashews and chocolate. Drop by teaspoonfuls onto ungreased cookie sheets
- Bake for 10 to 12 minutes, or until lightly brown.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:3.33, Inflammation Score:-2, Nutrition Score:2.6643478220086%

Nutrients (% of daily need)

Calories: 129.52kcal (6.48%), Fat: 7.45g (11.46%), Saturated Fat: 4.21g (26.3%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 13.56g (4.93%), Sugar: 8.35g (9.28%), Cholesterol: 17.43mg (5.81%), Sodium: 47.03mg (2.04%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Caffeine: 6.27mg (2.09%), Protein: 1.57g (3.15%), Manganese: 0.16mg (8.16%), Copper: 0.13mg (6.65%), Selenium: 3.55µg (5.06%), Iron: 0.9mg (4.98%), Magnesium: 18.89mg (4.72%), Phosphorus: 38.25mg (3.83%), Vitamin B1: 0.05mg (3.67%), Fiber: 0.79g (3.14%), Folate: 12.12µg (3.03%), Vitamin A: 131.73IU (2.63%), Vitamin B2: 0.04mg (2.55%), Zinc: 0.34mg (2.28%), Vitamin B3: 0.43mg (2.16%), Potassium: 67.89mg (1.94%), Calcium: 12.82mg (1.28%), Vitamin K: 1.34µg (1.27%), Vitamin E: 0.19mg (1.25%)