



## Chunky Chocolate Gobs

 Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



7620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup firmly brown sugar dark packed
- ☐ 0.3 cup butter-flavored shortening
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 5.3 oz mounds bars chilled chopped
- ☐ 0.3 teaspoon salt

- ☐ 1 cups semisweet chocolate morsels
- ☐ 0.8 cup butter unsalted softened
- ☐ 0.7 cup cocoa unsweetened
- ☐ 2 cups cream-filled chocolate sandwich cookies coarsely chopped (16 cookies)
- ☐ 2 teaspoons vanilla extract

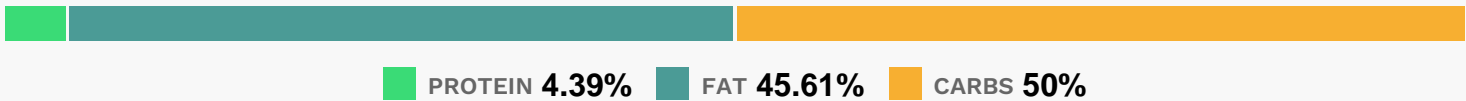
## Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

## Directions

- ☐ Beat butter and shortening at medium speed with an electric mixer until creamy; gradually add sugars, beating until light and fluffy.
- ☐ Add eggs and vanilla, beating until blended.
- ☐ Combine flour and next 3 ingredients; gradually add to butter mixture, beating until blended. Stir in cookies, candy bars, and desired amount of chocolate morsels. Chill dough 30 minutes.
- ☐ Drop dough by 1/4 cupfuls 2" apart onto baking sheets lined with parchment paper.
- ☐ Bake at 350 for 10 to 12 minutes or until barely set. Cool on baking sheets 10 minutes.
- ☐ Transfer to wire racks to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:145.09, Glycemic Load:277.64, Inflammation Score:-10, Nutrition Score:78.147826018541%

## Flavonoids

Catechin: 37.16mg, Catechin: 37.16mg, Catechin: 37.16mg, Catechin: 37.16mg Epicatechin: 112.62mg, Epicatechin: 112.62mg, Epicatechin: 112.62mg, Epicatechin: 112.62mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg,

Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 7619.61kcal (380.98%), Fat: 396.55g (610.08%), Saturated Fat: 201.08g (1256.74%), Carbohydrates: 978.1g (326.04%), Net Carbohydrates: 920.95g (334.89%), Sugar: 610.11g (677.9%), Cholesterol: 751.81mg (250.6%), Sodium: 3375.47mg (146.76%), Alcohol: 2.75g (100%), Alcohol %: 0.21% (100%), Caffeine: 327.97mg (109.32%), Protein: 85.82g (171.65%), Manganese: 10.03mg (501.35%), Iron: 75.76mg (420.91%), Copper: 6.63mg (331.59%), Selenium: 169.9µg (242.72%), Magnesium: 919.73mg (229.93%), Fiber: 57.15g (228.6%), Vitamin B1: 2.83mg (188.75%), Phosphorus: 1837.07mg (183.71%), Folate: 733.55µg (183.39%), Vitamin B2: 2.87mg (168.81%), Vitamin K: 153.78µg (146.45%), Vitamin B3: 26.59mg (132.96%), Vitamin E: 18.64mg (124.3%), Potassium: 3776.01mg (107.89%), Zinc: 15.95mg (106.31%), Vitamin A: 4890.95IU (97.82%), Vitamin B5: 5.49mg (54.87%), Calcium: 543.46mg (54.35%), Vitamin B6: 0.68mg (34.22%), Vitamin D: 4.55µg (30.36%), Vitamin B12: 1.5µg (25.06%)