



Cocoa Fudge Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



79 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 0.3 cup brown sugar packed
- 5 tablespoons butter
- 1 cup flour all-purpose
- 0.7 cup granulated sugar
- 0.3 cup yogurt plain low-fat
- 0.1 teaspoon salt
- 7 tablespoons cocoa unsweetened

1 teaspoon vanilla extract

Equipment

baking sheet

sauce pan

oven

knife

measuring cup

Directions

Preheat oven to 35

Lightly spoon flour into a dry measuring cup; level with a knife.

Combine flour, soda, and salt; set aside. Melt butter in a large saucepan over medium heat.

Remove from heat; stir in cocoa powder and sugars (mixture will resemble coarse sand).

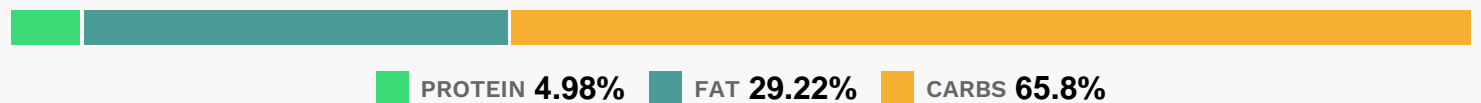
Add yogurt and vanilla, stirring to combine.

Add flour mixture, stirring until moist. Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.

Bake at 350 for 8 to 10 minutes or until almost set. Cool on pans 2 to 3 minutes or until firm.

Remove cookies from pans; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:6.75, Inflammation Score:-1, Nutrition Score:1.6352173801835%

Flavonoids

Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 78.82kcal (3.94%), Fat: 2.69g (4.13%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 12.93g (4.7%), Sugar: 8.81g (9.79%), Cholesterol: 6.47mg (2.16%), Sodium: 45.98mg (2%), Alcohol: 0.06g (100%), Alcohol %: 0.33% (100%), Caffeine: 3.35mg (1.12%), Protein: 1.03g (2.06%), Manganese: 0.09mg (4.71%), Copper: 0.07mg (3.26%), Selenium: 2.19µg (3.12%), Vitamin B1: 0.04mg (2.91%), Fiber: 0.68g (2.72%), Folate: 10.49µg (2.62%), Iron: 0.47mg (2.62%), Magnesium: 9.35mg (2.34%), Vitamin B2: 0.04mg (2.28%), Phosphorus: 22.06mg (2.21%), Vitamin B3: 0.35mg (1.74%), Vitamin A: 74.62IU (1.49%), Calcium: 12.19mg (1.22%), Potassium: 40.83mg (1.17%), Zinc: 0.17mg (1.14%)