



Coconut Flour Double Chocolate Cookies



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



18

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 0.5 cup chocolate chips gluten-free
- ☐ 0.3 cup coconut flour
- ☐ 2 large eggs
- ☐ 0.7 cup granulated sugar
- ☐ 4 tablespoons butter unsalted salted softened
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted chopped

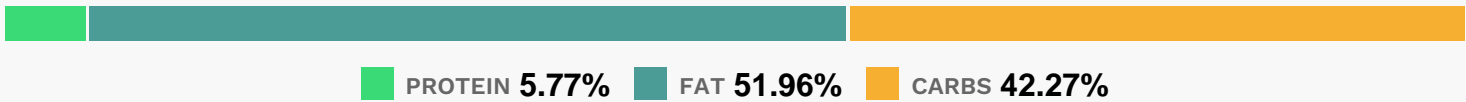
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Have ready an ungreased or foil lined baking sheet. You can use parchment or nonstick foil, but it might cause the cookies to spread a little more. With an electric mixer, beat the butter and sugar until light and fluffy.
- ☐ Add eggs one at a time, beating well after each addition. Beat in vanilla. Stir in the cocoa powder and beat until smooth, then stir in the coconut flour.
- ☐ Add the chocolate chips. At this point you can also stir in the walnuts, or you can leave them out and just sprinkle them on top of the unbaked cookies.
- ☐ Let the cookie dough sit for about 5 to 10 minutes to thicken (coconut flour absorbs moisture). Drop the cookie dough by rounded teaspoonfuls onto a baking sheet, leaving 2 inches between cookies.
- ☐ Bake 13 minutes, or until cookies are slightly set in the center. Allow cookies to cool on baking sheet for a few minutes before transferring to a wire rack to finish cooling.

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:5.22, Inflammation Score:-1, Nutrition Score:2.2121739317865%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 3.13mg, Epicatechin: 3.13mg, Epicatechin: 3.13mg, Epicatechin: 3.13mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 116.03kcal (5.8%), Fat: 7.08g (10.89%), Saturated Fat: 3.23g (20.17%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 11.56g (4.2%), Sugar: 10.52g (11.68%), Cholesterol: 27.36mg (9.12%), Sodium: 12.23mg (0.53%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Caffeine: 3.66mg (1.22%), Protein: 1.77g (3.54%), Manganese: 0.17mg (8.71%), Copper: 0.12mg (5.86%), Fiber: 1.39g (5.57%), Phosphorus: 34.69mg (3.47%), Magnesium: 13.82mg (3.46%), Selenium: 2.17µg (3.1%), Iron: 0.46mg (2.56%), Vitamin A: 108.4IU (2.17%), Vitamin B2: 0.04mg (2.16%), Zinc: 0.28mg (1.89%), Potassium: 61.55mg (1.76%), Folate: 6.4µg (1.6%), Vitamin B6: 0.03mg (1.44%), Calcium: 12.74mg (1.27%), Vitamin B5: 0.11mg (1.11%), Vitamin D: 0.16µg (1.05%), Vitamin E: 0.15mg (1.03%)