



Cook the Book: Chocolate Clouds

READY IN



45 min.

SERVINGS



36

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces almonds toasted sliced
- ☐ 0.8 teaspoon baking soda
- ☐ 12 ounces chocolate chips
- ☐ 2 large eggs beaten at room temperature
- ☐ 1.3 cup brown sugar light packed
- ☐ 0.3 teaspoon sea salt fine
- ☐ 1.3 cup caster sugar
- ☐ 2 cups flour all-purpose
- ☐ 16 tablespoons butter unsalted cut into ½-inch cubes at room temperature (2 sticks)

☐ 0.8 teaspoon vanilla extract pure

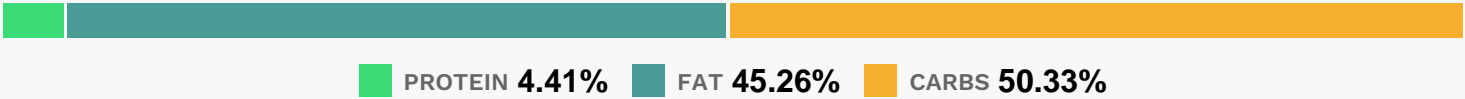
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ stand mixer
- ☐ ice cream scoop

Directions

- ☐ Position racks in the center and top third of the oven and preheat to 350°F. Line 3 half-sheet pans with parchment paper. Rub the superfine sugar and brown sugar together through a coarse-mesh wire sieve into a medium bowl; set aside. Beat the butter in the bowl of a heavy-duty stand mixer fitted with the paddle attachment on high speed until smooth, about 1 minute. Gradually add the sugar mixture, then the vanilla. Beat, occasionally scraping the bottom and sides of the bowl, until the mixture is pale yellow and light-textured, about 5 minutes. Gradually beat in the eggs.
- ☐ Sift the flour, baking soda, and salt together into a medium bowl. With the mixer speed on low, add the dry ingredients in three additions, mixing just until each addition is incorporated.
- ☐ Add the almonds and chocolate chips and mix just until combined.
- ☐ Remove the bowl from the mixer. Empty the dough onto the work counter, and use your hands to thoroughly distribute the almonds and chocolate chips in the dough.
- ☐ Using a 2-inch diameter ice cream scoop, portion the batter onto the prepared pans. Using the heel of your palm, slightly flatten each ball of dough.
- ☐ Bake two of the pans with the cookies, switching the position of the pans from top to bottom and front to back about halfway through baking, until the cookies are evenly golden brown, 15 to 18 minutes. During the last 3 minutes, rap each pan on the rack. The cookies will deflate and their signature cracks will appear on the tops. Repeat with the third pan. Cool on the pans.
Note: Store in an airtight container for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:9.06, Inflammation Score:-2, Nutrition Score:3.6239130134168%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 217.31kcal (10.87%), Fat: 11.25g (17.3%), Saturated Fat: 5.22g (32.63%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 27.17g (9.88%), Sugar: 21.01g (23.35%), Cholesterol: 23.71mg (7.9%), Sodium: 46.14mg (2.01%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 2.47g (4.93%), Vitamin E: 1.79mg (11.94%), Manganese: 0.2mg (9.9%), Vitamin B2: 0.12mg (7.2%), Selenium: 3.67µg (5.24%), Magnesium: 19.74mg (4.93%), Vitamin B1: 0.07mg (4.59%), Phosphorus: 45.13mg (4.51%), Folate: 17.05µg (4.26%), Copper: 0.08mg (4.12%), Fiber: 0.98g (3.9%), Iron: 0.67mg (3.71%), Calcium: 34.64mg (3.46%), Vitamin A: 170.56IU (3.41%), Vitamin B3: 0.65mg (3.26%), Potassium: 97.05mg (2.77%), Zinc: 0.29mg (1.93%), Vitamin B5: 0.12mg (1.2%)