



## Dark Chocolate Cottage Cheese Cookies

READY IN



45 min.

SERVINGS



28

CALORIES



101 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup curd cottage cheese
- ☐ 1 cup extra chocolate chips dark
- ☐ 0.3 cup extra cocoa powder dark unsweetened (Hershey's)
- ☐ 1 large eggs
- ☐ 1.3 cup flour all-purpose (6.2 ounces)
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup brown sugar light packed

- ☐ 0.3 teaspoon salt
- ☐ 5 tablespoons butter unsalted
- ☐ 1 teaspoons vanilla extract

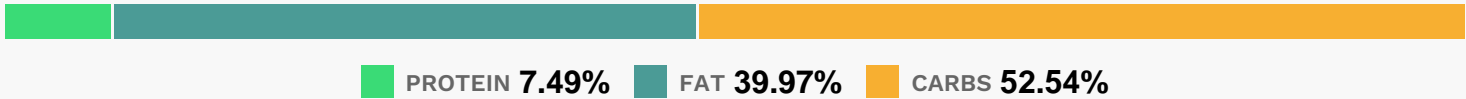
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ stand mixer

## Directions

- ☐ Preheat oven to 375 degrees. Line a baking sheet with nonstick foil.In a medium bowl, mix together the flour, cocoa powder, baking powder, baking soda and salt. Set aside.In a large mixing bowl or the bowl of a stand mixer, beat the cottage cheese for about a minute.
- ☐ Add the butter and both sugars and beat for another 2 minutes. Reduce mixer speed to low and add egg and vanilla, beating just until mixed.With a mixing spoon (or using the lowest speed of a stander mixer fixed with a paddle), gradually add the flour mixture to the butter mixture and stir until incorporated. Stir in the chocolate chips.Using a tablespoon measure, scoop up dough and arrange balls of dough (they'll be sticky — not perfectly round) on the baking sheet about 2 inches apart.
- ☐ Bake on center rack for 10 minutes or until cookies appear set.
- ☐ Transfer to a wire rack to cool. After about 5 minutes or when the cookies are warm rather than very hot, sift some powdered sugar over them. This covers up the little flecks of cottage cheese.

## Nutrition Facts



## Properties

Glycemic Index:9.43, Glycemic Load:4.8, Inflammation Score:-1, Nutrition Score:2.1339130288233%

Flavonoids

Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 100.5kcal (5.02%), Fat: 4.55g (6.99%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 12.76g (4.64%), Sugar: 7.26g (8.07%), Cholesterol: 12.72mg (4.24%), Sodium: 60.65mg (2.64%), Alcohol: 0.05g (100%), Alcohol %: 0.24% (100%), Protein: 1.92g (3.83%), Selenium: 3.32µg (4.74%), Manganese: 0.08mg (3.97%), Vitamin B1: 0.05mg (3.51%), Vitamin B2: 0.06mg (3.33%), Folate: 13.2µg (3.3%), Calcium: 32.43mg (3.24%), Phosphorus: 31.54mg (3.15%), Iron: 0.51mg (2.84%), Fiber: 0.68g (2.72%), Copper: 0.05mg (2.66%), Zinc: 0.36mg (2.4%), Vitamin B3: 0.42mg (2.11%), Magnesium: 8.21mg (2.05%), Potassium: 69.06mg (1.97%), Vitamin A: 78.01IU (1.56%), Vitamin B5: 0.13mg (1.29%), Vitamin E: 0.18mg (1.23%)