



Dark Chocolate-Cranberry Rock Cakes

READY IN



45 min.

SERVINGS



12

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon kosher salt (coarse)
- ☐ 0.5 cup butter unsalted cold
- ☐ 2 eggs
- ☐ 0.5 cup whipping cream
- ☐ 0.5 cup chocolate chips 60%
- ☐ 0.5 cup cranberries dried sweetened

- ☐ 1 tablespoon whipping cream
- ☐ 1 serving coarse salt

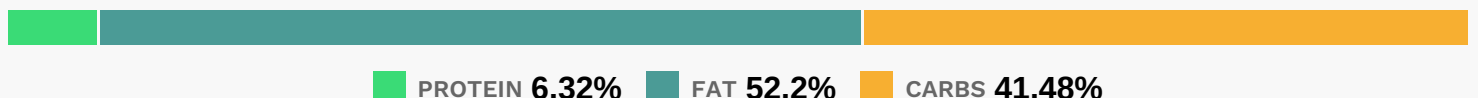
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ spatula

Directions

- ☐ Heat oven to 350°F. Line cookie sheet with parchment paper.
- ☐ In large bowl, stir together flour, sugar, baking powder and salt.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions). Stir in chocolate chips and cranberries; set aside.
- ☐ In another bowl, beat eggs and 1/2 cup whipping cream with whisk until well blended. Make well in center of flour mixture; pour egg mixture into well. With rubber spatula, fold together all ingredients until combined and smooth.
- ☐ Using large cookie scoop, scoop out 12 balls of dough onto cookie sheet.
- ☐ Brush tops with 1 tablespoon whipping cream; sprinkle with course sugar.
- ☐ Bake 17 to 20 minutes or until lightly browned.
- ☐ Remove from cookie sheet to cooling rack.
- ☐ Serve immediately. Store cooled rock cakes in airtight container; best eaten within 2 days.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:13.07, Inflammation Score:-4, Nutrition Score:5.4904347405485%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 256.21kcal (12.81%), Fat: 15.02g (23.11%), Saturated Fat: 9.87g (61.68%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 25.74g (9.36%), Sugar: 8.64g (9.59%), Cholesterol: 60.31mg (20.1%), Sodium: 206.89mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Selenium: 10.18µg (14.54%), Vitamin B1: 0.18mg (11.82%), Folate: 43.88µg (10.97%), Vitamin B2: 0.18mg (10.34%), Vitamin A: 440.86IU (8.82%), Manganese: 0.17mg (8.45%), Calcium: 79.31mg (7.93%), Iron: 1.3mg (7.22%), Phosphorus: 70.23mg (7.02%), Vitamin B3: 1.35mg (6.76%), Fiber: 1.12g (4.47%), Vitamin E: 0.64mg (4.24%), Zinc: 0.55mg (3.64%), Vitamin D: 0.47µg (3.11%), Vitamin B5: 0.31mg (3.1%), Copper: 0.06mg (2.76%), Potassium: 95.44mg (2.73%), Magnesium: 9.52mg (2.38%), Vitamin B12: 0.12µg (2%), Vitamin K: 2.07µg (1.97%), Vitamin B6: 0.04mg (1.87%)