

Double-Chocolate Chews



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

48

CALORIES

calories

75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 1 cup firmly brown sugar packed
- ☐ 2.5 tablespoons light-colored corn syrup
- ☐ 3 egg whites
- ☐ 1.8 cups flour all-purpose
- ☐ 0.7 cup powdered sugar sifted
- ☐ 0.1 teaspoon salt
- ☐ 1 cup semisweet chocolate mini-morsels divided

- ☐ 0.3 cup cocoa unsweetened
- ☐ 2.5 teaspoons vanilla extract
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon water

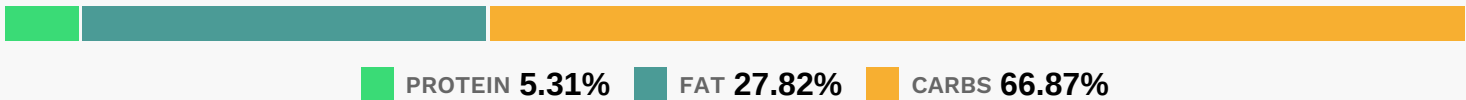
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a bowl; stir well, and set aside.
- ☐ Combine 3/4 cup chocolate morsels and oil in a small saucepan; cook over low heat until chocolate melts, stirring constantly.
- ☐ Pour the melted chocolate mixture into a large bowl, and let cool 5 minutes.
- ☐ Add brown sugar, corn syrup, water, vanilla extract, and egg whites to chocolate mixture; stir well. Stir in flour mixture and remaining chocolate morsels.
- ☐ Drop dough by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.
- ☐ Bake at 350 for 8 minutes.
- ☐ Let cool 2 minutes or until firm.
- ☐ Remove cookies from pans; let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:2.73, Inflammation Score:-1, Nutrition Score:1.7152173995324%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 75.39kcal (3.77%), Fat: 2.38g (3.66%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 12.23g (4.45%), Sugar: 8.36g (9.29%), Cholesterol: 0.22mg (0.07%), Sodium: 31.69mg (1.38%), Alcohol: 0.07g (100%), Alcohol %: 0.46% (100%), Caffeine: 4.51mg (1.5%), Protein: 1.02g (2.04%), Manganese: 0.11mg (5.3%), Copper: 0.08mg (3.88%), Selenium: 2.38µg (3.41%), Iron: 0.58mg (3.23%), Magnesium: 11.11mg (2.78%), Vitamin B1: 0.04mg (2.55%), Fiber: 0.64g (2.54%), Phosphorus: 23.37mg (2.34%), Folate: 8.65µg (2.16%), Vitamin B2: 0.03mg (2.03%), Calcium: 18.86mg (1.89%), Vitamin K: 1.85µg (1.77%), Vitamin B3: 0.32mg (1.6%), Potassium: 44.17mg (1.26%), Zinc: 0.18mg (1.18%)