



Double Chocolate Cookies

READY IN



28 min.

SERVINGS



75

CALORIES



65 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups coconut palm sugar
- ☐ 1 teaspoon egg replacer powder
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted softened
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water

- ☐ 1 cup chocolate chips white
- ☐ 2 cups pastry flour whole wheat

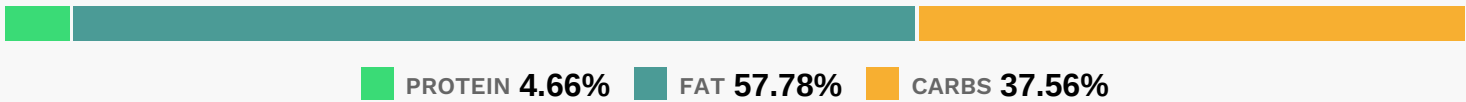
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven at 375F/190C for 15 minutes.In a medium size bowl combine together the ingredients mentioned in Part 2.In a large bowl, cream together butter and sugar until light and fluffy.
- ☐ Add the egg replacer powder, water and vanilla extract; beat well.Stir in the flour mixture, chocolate chips and pecans.Drop the dough by half tablespoonfuls on an un-greased baking sheet and flatten the dough lightly; bake for about 7–9 minutes.
- ☐ Remove from the oven and leave the cookies on the cookie sheet itself for another 3–5 minutes before transferring the cookies to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:2.25, Inflammation Score:-1, Nutrition Score:1.5578260991074%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 65.21kcal (3.26%), Fat: 4.4g (6.76%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.83g (2.12%), Sugar: 3.25g (3.61%), Cholesterol: 7.21mg (2.4%), Sodium: 38.24mg (1.66%), Alcohol: 0.02g (100%), Alcohol %: 0.17% (100%), Protein: 0.8g (1.6%), Manganese: 0.21mg (10.35%), Selenium: 2.26µg (3.22%), Fiber: 0.59g (2.37%), Phosphorus: 22.67mg (2.27%), Copper: 0.04mg (2.18%), Magnesium: 7.95mg (1.99%), Vitamin B1: 0.03mg (1.84%), Vitamin A: 77.88IU (1.56%), Zinc: 0.19mg (1.27%), Iron: 0.2mg (1.11%), Vitamin B3: 0.2mg (1.01%)