



Double Chocolate Cookies with Chocolate Chunks (Gluten Free, Grain Free, Paleo)



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



24

CALORIES



165 kcal

DESSERT

Ingredients

- ☐ 1.5 cups almond flour
- ☐ 0.5 teaspoon baking soda
- ☐ 8 ounces bittersweet chocolate melted coarsely chopped
- ☐ 8 Tablespoons butter cubed
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 7 ounces coconut sugar
- ☐ 2 large eggs

- ☐ 0.5 teaspoon sea salt
- ☐ 1 teaspoon vanilla extract pure

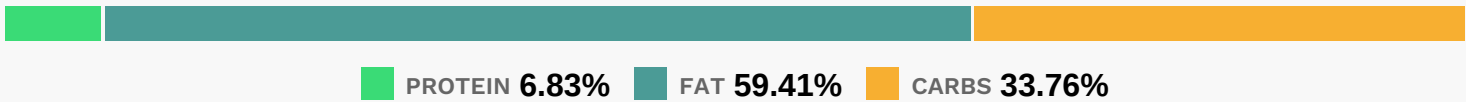
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ double boiler
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F. Melt half of the chocolate over a bain marie or in the microwave.In the bowl of a food processor combine the almond flour, cocoa, baking soda, salt and sugar; pulse together.
- ☐ Add the cubed butter and process until the dough resembles coarse cornmeal.
- ☐ Add the eggs vanilla and melted chocolate and process until the dough is smooth (The dough will seem thin, it should look more like a brownie batter than a dough). Fold in chopped chocolate.Drop dough by heaping Tablespoon, a few inches apart, onto two parchment lined baking sheets .
- ☐ Bake until just set, about 8 to 10 minutes, rotating sheets halfway through. (Do not bake the cookies to a crisp; they will be soft when you take them out of the oven, but firm up as they cool, so be careful not to over bake.)
- ☐ Transfer cookies to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:3.89, Inflammation Score:-2, Nutrition Score:3.0052174083565%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 165.2kcal (8.26%), Fat: 11.51g (17.71%), Saturated Fat: 5g (31.25%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 12.56g (4.57%), Sugar: 9.18g (10.2%), Cholesterol: 26.1mg (8.7%), Sodium: 124.71mg (5.42%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Caffeine: 12.25mg (4.08%), Protein: 2.98g (5.96%), Manganese: 0.2mg (9.78%), Copper: 0.19mg (9.45%), Fiber: 2.16g (8.64%), Iron: 1.19mg (6.59%), Magnesium: 26.19mg (6.55%), Phosphorus: 47.1mg (4.71%), Selenium: 2.38µg (3.39%), Vitamin A: 143.84IU (2.88%), Zinc: 0.43mg (2.87%), Calcium: 26.35mg (2.64%), Potassium: 87.94mg (2.51%), Vitamin B2: 0.03mg (1.75%), Vitamin E: 0.21mg (1.4%), Vitamin B12: 0.06µg (1.03%), Vitamin B5: 0.1mg (1.02%), Vitamin K: 1.06µg (1.01%)