



Eggless Italian Chocolate Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



53

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 1 Teaspoon allspice
- ☐ 1 cup almonds finely chopped
- ☐ 1.5 Teaspoons double-acting baking powder
- ☐ 2 Teaspoons cinnamon (I Used Vanilla Essence Instead Of These Spices)
- ☐ 2 cups brown sugar light
- ☐ 0.5 cup butter unsalted (I Used 1 Stick Smart Balance)
- ☐ 1 cup raisins
- ☐ 0.7 cup cocoa unsweetened (I Used Droste Dutch Processed Cocoa Powder)

- ☐ 0.5 cup water
- ☐ 2.5 cups flour whole wheat

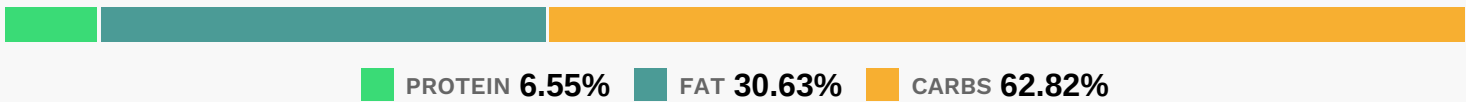
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350F for 15 minutes.
- ☐ Combine first four ingredients in a saucepan.
- ☐ Heat slowly, stirring till the mixture resembles chocolate syrup.
- ☐ Let cool to room temperature.
- ☐ Combine flour with baking powder and spices (if using).
- ☐ Pour in chocolate syrup and work into a stiff batter. (See My Notes)
- ☐ Add almonds and raisins. Raisins generally stick together, so take little flour and mix it with the raisins and separate them with your fingers, so the raisins will be spread uniformly throughout the batter.I scooped out the dough using half tablespoon (see My Notes) and dropped it on the cookie sheet. The cookie does not spread, so leaving 1/2 inch space in between is sufficient. I was able to arrange 24 cookies in a large baking sheet.
- ☐ Bake for 12 to 15 minutes.
- ☐ Remove it from the oven and let it cool in the baking sheet for 5 minutes.Then transfer it to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.32, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:3.1904347459583%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 92.93kcal (4.65%), Fat: 3.39g (5.22%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 14.12g (5.13%), Sugar: 8.23g (9.15%), Cholesterol: 4.6mg (1.53%), Sodium: 15.85mg (0.69%), Alcohol: 0.05g (100%), Alcohol %: 0.26% (100%), Protein: 1.63g (3.26%), Manganese: 0.35mg (17.38%), Fiber: 1.54g (6.15%), Selenium: 3.9µg (5.57%), Magnesium: 22.17mg (5.54%), Copper: 0.11mg (5.26%), Vitamin E: 0.78mg (5.21%), Phosphorus: 46.56mg (4.66%), Iron: 0.6mg (3.33%), Vitamin B2: 0.05mg (2.86%), Potassium: 91.53mg (2.62%), Calcium: 25.72mg (2.57%), Vitamin B1: 0.04mg (2.53%), Vitamin B3: 0.44mg (2.22%), Zinc: 0.32mg (2.1%), Vitamin B6: 0.04mg (1.84%), Vitamin A: 54.26IU (1.09%), Folate: 4.27µg (1.07%)