



English Cookies

READY IN



45 min.

SERVINGS



30

CALORIES



90 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup brown sugar soft
- ☐ 1 eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup hazelnuts shelled coarsely chopped
- ☐ 2 tablespoons milk
- ☐ 30 servings salt
- ☐ 2 ounces bittersweet chocolate coarsely chopped
- ☐ 0.3 cup caster sugar

- ☐ 0.5 cup butter sweet
- ☐ 3 drops vanilla extract

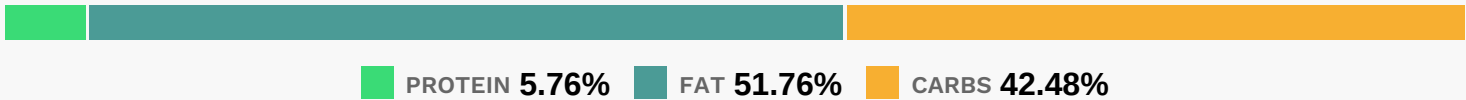
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Preheat the oven to 350°F. Cream the butter with both types of sugar in a bowl, then beat in the egg and vanilla.
- ☐ Combine the flour, baking powder and a pinch of salt in another bowl, then sift into the creamed mixture, beating constantly with a wooden spoon. If necessary, soften the mixture with a little milk. Stir in the hazelnuts and chocolate.
- ☐ Place about 15 tablespoons of the mixture, spaced well apart, on an ungreased cookie sheet and bake for about 7–8 minutes.
- ☐ Remove the cookie sheet from the oven and let cool slightly, then remove the cookies with a spatula and let cool on a wire rack. Cook the remaining mixture in the same way.

Nutrition Facts



Properties

Glycemic Index:11.34, Glycemic Load:4.72, Inflammation Score:-1, Nutrition Score:2.30260872193%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg,

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Nutrients (% of daily need)

Calories: 89.63kcal (4.48%), Fat: 5.25g (8.07%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 9.17g (3.34%), Sugar: 4.3g (4.77%), Cholesterol: 13.82mg (4.61%), Sodium: 249.69mg (10.86%), Alcohol: Og (100%), Alcohol %: 0.02% (100%), Protein: 1.31g (2.63%), Manganese: 0.19mg (9.67%), Vitamin B1: 0.06mg (4.26%), Selenium: 2.87µg (4.09%), Folate: 14.52µg (3.63%), Copper: 0.07mg (3.46%), Iron: 0.57mg (3.19%), Phosphorus: 28.2mg (2.82%), Vitamin E: 0.42mg (2.79%), Vitamin B2: 0.04mg (2.57%), Calcium: 24.68mg (2.47%), Magnesium: 8.58mg (2.14%), Vitamin B3: 0.43mg (2.13%), Vitamin A: 105.43IU (2.11%), Fiber: 0.51g (2.06%), Zinc: 0.17mg (1.14%), Potassium: 38.02mg (1.09%)