



Fabulous Chocolate Cookies

READY IN



25 min.

SERVINGS



12

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

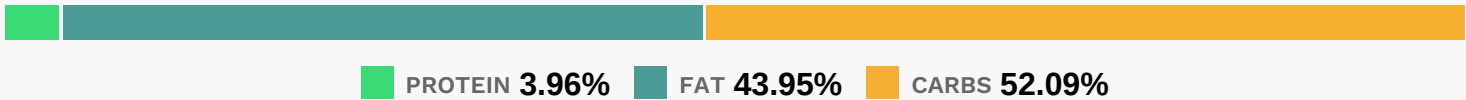
Equipment

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

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, cream together the butter, shortening and brown sugar until smooth. Beat in the egg and vanilla.
- ☐ Combine the flour, baking soda, salt and cocoa; gradually stir into the creamed mixture. Drop by rounded spoonfuls onto ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. When cookies are cool, dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:3.5726087041523%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 230.19kcal (11.51%), Fat: 11.42g (17.58%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 29.73g (10.81%), Sugar: 17.9g (19.89%), Cholesterol: 27.2mg (9.07%), Sodium: 194.13mg (8.44%), Alcohol: 0.11g (100%), Alcohol %: 0.28% (100%), Protein: 2.32g (4.63%), Selenium: 6.83µg (9.75%), Vitamin B1: 0.13mg (8.42%), Folate: 30.96µg (7.74%), Manganese: 0.15mg (7.62%), Vitamin B2: 0.1mg (5.79%), Iron: 1.04mg (5.79%), Vitamin B3: 0.97mg (4.84%), Vitamin E: 0.54mg (3.63%), Vitamin A: 177.38IU (3.55%), Vitamin K: 3.55µg

(3.38%), Copper: 0.07mg (3.28%), Phosphorus: 32.52mg (3.25%), Fiber: 0.73g (2.92%), Magnesium: 9.85mg (2.46%), Calcium: 22.35mg (2.23%), Vitamin B5: 0.2mg (1.97%), Potassium: 60.86mg (1.74%), Zinc: 0.23mg (1.5%), Vitamin B6: 0.02mg (1.1%)