



Favorite Chocolate Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



27

CALORIES



191 kcal

DESSERT

Ingredients

- 0.7 cup cocoa powder
- 0.8 teaspoon baking soda
- 1 cup butter softened
- 2 eggs
- 2 cups flour all-purpose
- 0.5 cup pecans chopped
- 0.3 teaspoon salt
- 1.5 cups sugar

- 10 ounces vanilla white
- 2 teaspoons vanilla extract

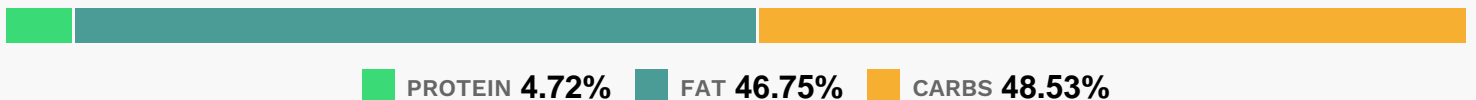
Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, cream butter and sugar.
- Add the eggs, one at a time, beating well after each addition. Beat in vanilla.
- Combine the flour, cocoa, baking soda and salt; gradually add to creamed mixture. Stir in chips and pecans if desired.
- Drop by tablespoonfuls 2 in. apart onto ungreased baking sheets.
- Bake at 350° for 10-12 minutes or until set.
- Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:12.88, Inflammation Score:-3, Nutrition Score:3.4539130471809%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 191.31kcal (9.57%), Fat: 9.01g (13.85%), Saturated Fat: 4.74g (29.59%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 19.81g (7.2%), Sugar: 12.61g (14.02%), Cholesterol: 30.2mg (10.07%), Sodium: 112.33mg (4.88%), Alcohol: 3.71g (100%), Alcohol %: 9.98% (100%), Caffeine: 4.88mg (1.63%), Protein: 2.05g (4.09%), Manganese: 0.26mg (13.09%), Selenium: 4.67µg (6.67%), Copper: 0.13mg (6.45%), Vitamin B1: 0.09mg (6.04%), Folate: 19.85µg (4.96%), Fiber: 1.23g (4.92%), Vitamin B2: 0.08mg (4.92%), Iron: 0.85mg (4.74%), Vitamin A: 228.83IU (4.58%), Magnesium: 16.93mg (4.23%), Phosphorus: 40.3mg (4.03%), Vitamin B3: 0.67mg (3.34%), Zinc: 0.36mg (2.42%), Potassium: 73.18mg (2.09%), Vitamin E: 0.27mg (1.77%), Vitamin B5: 0.13mg (1.26%), Calcium: 10.67mg (1.07%)