



Flourless Chocolate-Walnut Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



60

CALORIES



59 kcal

DESSERT

Ingredients

- ☐ 3 cups confectioners' sugar
- ☐ 4 egg whites
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 2.5 cups walnut halves

Equipment

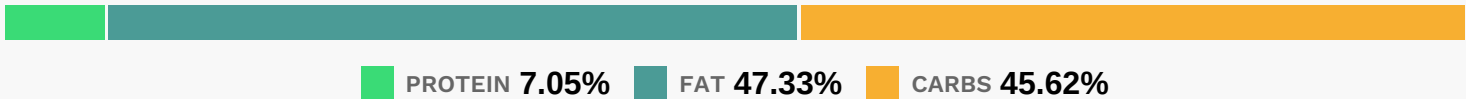
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Position 2 racks in the upper and lower thirds of oven.
- ☐ Heat oven to 350°. Line 2 large baking sheets with parchment paper.
- ☐ Place walnuts on a work surface and finely chop.
- ☐ Transfer to a separate large baking sheet and toast until fragrant, about 9 minutes.
- ☐ Let cool.
- ☐ Mix sugar, cocoa and salt in a bowl. Stir in walnuts.
- ☐ Add egg whites and vanilla; beat with a fork or electric mixer on medium until batter is just moistened. (Do not overbeat batter or it will stiffen.) Drop batter by the teaspoonful onto baking sheets in evenly spaced mounds.
- ☐ Bake cookies until tops are lightly cracked and glossy, about 15 minutes. Repeat with remaining batter. Store in an airtight container at room temperature for up to 1 week.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:0.33, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.4817391284944%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 58.52kcal (2.93%), Fat: 3.28g (5.05%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.52g (2.37%), Sugar: 6.05g (6.72%), Cholesterol: 0mg (0%), Sodium: 13.4mg (0.58%), Alcohol:

0.07g (100%), Alcohol %: 0.68% (100%), Protein: 1.1g (2.2%), Manganese: 0.19mg (9.75%), Copper: 0.11mg (5.29%), Magnesium: 11.52mg (2.88%), Fiber: 0.59g (2.37%), Phosphorus: 22.44mg (2.24%), Iron: 0.25mg (1.37%), Vitamin B6: 0.03mg (1.36%), Zinc: 0.2mg (1.34%), Folate: 5.09µg (1.27%), Vitamin B1: 0.02mg (1.15%), Vitamin B2: 0.02mg (1.13%), Selenium: 0.78µg (1.11%), Potassium: 36.09mg (1.03%)