



Flourless Deep Dark Chocolate Cookies



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 9 ounces bittersweet chocolate chips divided
- ☐ 1 tablespoon cornstarch
- ☐ 3 large egg whites room temperature
- ☐ 2 cups powdered sugar divided (can also use granulated sugar)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cocoa powder unsweetened

Equipment

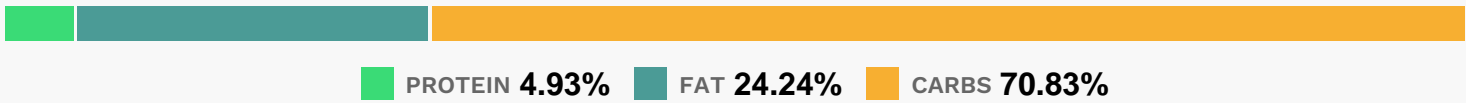
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 400°F Spray 2 large baking sheets with nonstick spray. Melt 1 cup chocolate chips in glass bowl in microwave, stirring twice, about 2 minutes. Cool slightly.2 Using electric mixer, beat whites in large bowl to soft peaks. Gradually beat in 1 cup sugar. Continue beating until mixture resembles soft marshmallow creme. 3
- ☐ Whisk 1 cup sugar, cocoa, cornstarch, and salt in medium bowl to blend. On low speed, beat dry ingredients into meringue. Stir in lukewarm chocolate and 1/2 cup chocolate chips (dough will become very stiff).4
- ☐ Roll 1 rounded tablespoon dough into ball (can coat in additional sugar if you want).5
- ☐ Place on prepared sheet. Repeat with remaining dough, spacing 2 inches apart.
- ☐ Bake until puffed and tops crack, about 8–10 minutes (don't overbake!). Cool on sheets on rack 10 minutes.
- ☐ Transfer to rack; cool.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:11.64, Inflammation Score:-1, Nutrition Score:1.8582608758107%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 129.07kcal (6.45%), Fat: 3.64g (5.61%), Saturated Fat: 3.23g (20.17%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 22.89g (8.32%), Sugar: 20.32g (22.58%), Cholesterol: 0.11mg (0.04%), Sodium: 43.02mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.67g (3.34%), Copper: 0.09mg (4.48%), Fiber: 1.07g (4.28%), Manganese: 0.09mg (4.25%), Calcium: 34.98mg (3.5%), Zinc: 0.5mg (3.34%), Magnesium: 13.23mg (3.31%), Potassium: 101.6mg (2.9%), Phosphorus: 27.21mg (2.72%), Vitamin B2: 0.04mg (2.62%), Selenium: 1.74µg (2.49%), Iron: 0.4mg (2.22%), Vitamin E: 0.17mg (1.12%)