



Fudgy Frosted Brownie Cookies

 Gluten Free

READY IN



75 min.

SERVINGS



18

CALORIES



161 kcal

DESSERT

Ingredients

- 0.8 cup granulated sugar
- 0.7 cup pecans chopped
- 0.5 cup cocoa powder unsweetened
- 0.5 cup cream sour
- 1 teaspoon vanilla
- 1 eggs
- 2 oz baker's chocolate unsweetened
- 2 tablespoons butter

- 2 cups powdered sugar
- 3 tablespoons water hot
- 1 cup frangelico

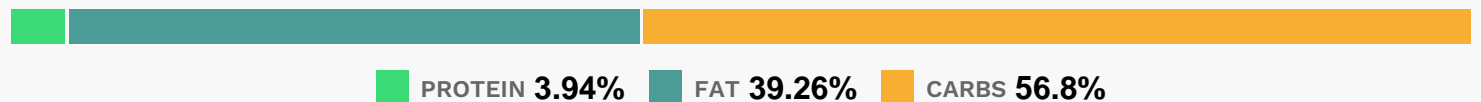
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- wire rack

Directions

- Heat oven to 350°F. Spray cookie sheets with cooking spray. In medium bowl, mix cookie ingredients until well blended.
- Drop dough by rounded tablespoonfuls about 2 inches apart on cookie sheets.
- Bake 9 to 11 minutes or until set. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 30 minutes.
- In 2-quart saucepan, melt chocolate and butter over low heat, stirring occasionally.
- Remove from heat. Stir in powdered sugar and 3 tablespoons of the hot water until smooth. (If frosting is too thick, add additional water, 1 teaspoon at a time.)
- Spread frosting over cookies.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:5.83, Inflammation Score:-2, Nutrition Score:3.614782637876%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 3.87mg, Catechin: 3.87mg, Catechin: 3.87mg,

Catechin: 3.87mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 9.19mg, Epicatechin: 9.19mg, Epicatechin: 9.19mg, Epicatechin: 9.19mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 161.04kcal (8.05%), Fat: 7.63g (11.74%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 24.85g (8.28%), Net Carbohydrates: 23.05g (8.38%), Sugar: 21.84g (24.27%), Cholesterol: 12.86mg (4.29%), Sodium: 21.87mg (0.95%), Alcohol: 0.08g (100%), Alcohol %: 0.22% (100%), Caffeine: 8.01mg (2.67%), Protein: 1.72g (3.45%), Manganese: 0.41mg (20.37%), Copper: 0.25mg (12.29%), Fiber: 1.79g (7.18%), Magnesium: 28.14mg (7.03%), Iron: 1.04mg (5.79%), Phosphorus: 51.38mg (5.14%), Zinc: 0.7mg (4.69%), Selenium: 1.87µg (2.67%), Potassium: 91.78mg (2.62%), Vitamin B2: 0.04mg (2.41%), Vitamin B1: 0.04mg (2.37%), Vitamin A: 110.91IU (2.22%), Calcium: 17.67mg (1.77%), Vitamin E: 0.17mg (1.13%), Vitamin B5: 0.11mg (1.07%), Folate: 4.08µg (1.02%)