



Fudgy Joy Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



42

CALORIES



128 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup firmly brown sugar packed
- 1 cup butter
- 0.5 cup cocoa
- 0.8 cup coconut or flaked finely chopped
- 2 large eggs
- 2 cups flour all-purpose
- 0.5 cup quick-cooking oats

- 0.3 teaspoon salt
- 3 ounce bittersweet chocolate finely chopped
- 0.5 cup slivered almonds toasted coarsely chopped
- 1 cup sugar
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- hand mixer

Directions

- Combine first 5 ingredients; stir well, and set aside.
- Combine butter and chocolate in a small saucepan; cook over low heat, stirring often, until melted and smooth.
- Remove from heat.
- Transfer mixture to a large bowl; cool completely.
- Add sugars to chocolate mixture, beating at medium speed of an electric mixer until well blended.
- Add eggs and vanilla; beat until smooth. Gradually add flour mixture, beating well. Stir in coconut and almonds. Cover and chill dough 1 hour.
- Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.
- Bake at 350 for 10 minutes. Cool 1 minute on cookie sheets; remove to wire racks, and cool completely.

Nutrition Facts



PROTEIN 5.45% **FAT 49.44%** **CARBS 45.11%**

Properties

Glycemic Index:5.24, Glycemic Load:6.99, Inflammation Score:-3, Nutrition Score:2.9760869407783%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 127.87kcal (6.39%), Fat: 7.25g (11.16%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 13.69g (4.98%), Sugar: 8.28g (9.2%), Cholesterol: 8.98mg (2.99%), Sodium: 96.19mg (4.18%), Alcohol: 0.07g (100%), Alcohol %: 0.29% (100%), Caffeine: 4.1mg (1.37%), Protein: 1.8g (3.6%), Manganese: 0.22mg (11.11%), Selenium: 3.79µg (5.41%), Copper: 0.1mg (5.25%), Fiber: 1.2g (4.8%), Magnesium: 18.13mg (4.53%), Iron: 0.75mg (4.18%), Vitamin A: 207.21IU (4.14%), Vitamin B1: 0.06mg (3.9%), Phosphorus: 39.01mg (3.9%), Vitamin B2: 0.06mg (3.77%), Vitamin E: 0.55mg (3.68%), Folate: 13.43µg (3.36%), Vitamin B3: 0.46mg (2.31%), Zinc: 0.3mg (1.99%), Potassium: 63.95mg (1.83%), Calcium: 12.97mg (1.3%), Vitamin B5: 0.1mg (1.04%)