



Ganache-Stuffed Chocolate-Chip Cookies

READY IN



45 min.

SERVINGS



18

CALORIES



222 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 1 cup bittersweet chocolate chips
- ☐ 2.5 tablespoons plus light
- ☐ 2 tablespoons crème fraîche
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 5 tablespoons heavy cream

- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 1 butter unsalted at room temperature
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 cup walnuts

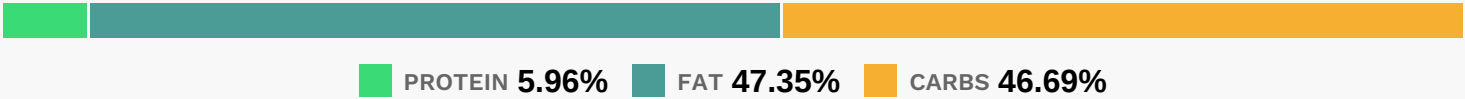
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Make the Cookies: Preheat the oven to 37
- ☐ Spread the nuts in a pie plate and toast for 8 minutes; let cool, then chop.
- ☐ In a bowl, mix the flour, baking soda and salt. In the bowl of a standing mixer fitted with the paddle (or using a handheld mixer), cream the butter with the sugars and vanilla at medium speed, about 1 minute. Beat in the egg. With the mixer at low speed, beat in the dry ingredients. Beat in the walnuts and chocolate chips. Spoon level tablespoons of the dough onto 2 ungreased baking sheets, about 2 inches apart. Refrigerate for 30 minutes, until firm.
- ☐ Put the chocolate in a bowl. In a saucepan, bring the cream and corn syrup to a boil; pour over the chocolate and let stand for 1 minute.
- ☐ Whisk until smooth.
- ☐ Whisk in the crme frache. Refrigerate the ganache, stirring occasionally, until thick and spreadable, 1 hour.
- ☐ Bake the cookies for 12 minutes, until golden; let cool on the sheets for 2 minutes, then transfer to a rack to cool completely.
- ☐ Sandwich the chocolate-chip cookies with the ganache and serve.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:6.31, Inflammation Score:-2, Nutrition Score:4.8021739494541%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg

Nutrients (% of daily need)

Calories: 221.85kcal (11.09%), Fat: 11.91g (18.33%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 24.94g (9.07%), Sugar: 17.15g (19.05%), Cholesterol: 15.19mg (5.06%), Sodium: 145.65mg (6.33%), Alcohol: 0.04g (100%), Alcohol %: 0.1% (100%), Caffeine: 5.42mg (1.81%), Protein: 3.37g (6.75%), Manganese: 0.37mg (18.6%), Copper: 0.22mg (10.8%), Magnesium: 27.8mg (6.95%), Selenium: 4.76µg (6.8%), Phosphorus: 67.5mg (6.75%), Iron: 1.13mg (6.29%), Vitamin B1: 0.09mg (6.17%), Fiber: 1.51g (6.03%), Folate: 22.64µg (5.66%), Zinc: 0.83mg (5.54%), Calcium: 52.65mg (5.26%), Vitamin B2: 0.09mg (5.11%), Potassium: 152.52mg (4.36%), Vitamin B3: 0.65mg (3.26%), Vitamin B6: 0.06mg (3.09%), Vitamin B5: 0.22mg (2.22%), Vitamin E: 0.31mg (2.09%), Vitamin A: 89.6IU (1.79%), Vitamin K: 1.58µg (1.51%), Vitamin B12: 0.07µg (1.18%)