



German Chocolate Brownie Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



167 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 1.5 cups brown sugar packed
- 0.5 cup coconut or flaked
- 2 egg yolks beaten
- 2 eggs
- 0.5 cup evaporated milk
- 1.5 cups flour all-purpose
- 0.5 cup pecans chopped
- 0.5 teaspoon salt

- 2 cups semi chocolate chips
- 0.3 cup shortening
- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla extract
- 1 tablespoon water
- 0.5 cup sugar white

Equipment

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

Directions

- Combine brown sugar, 2/3 cup shortening, water, and 1 teaspoon vanilla in large bowl. Beat until well blended. Beat eggs into creamed mixture.
- In another bowl, combine flour, cocoa, salt, and baking soda.
- Mix this mixture into creamed mixture until just blended. Stir in chocolate chips.
- Drop rounded tablespoonfuls of dough onto ungreased baking sheet about 2 inches apart.
- Place cookie sheet in the middle of the oven.
- Bake at 375 degrees F (190 degrees C) for 7 to 9 minutes, or until cookies are set. Do not over bake. Cool for 2 minutes on baking sheet.
- Remove cookies to wire rack to cool completely.
- To Make Frosting: Begin by combining evaporated milk, white sugar, 1/4 cup shortening, and egg yolks in medium saucepan. Stir over medium heat until thickened.
- Remove pan from heat. Stir 1/2 teaspoon vanilla, pecans, and coconut into the warm mixture. Cool completely, and frost cooled cookies.

Nutrition Facts

PROTEIN 5.26% FAT 42.39% CARBS 52.35%

Properties

Glycemic Index:4.31, Glycemic Load:4.82, Inflammation Score:-2, Nutrition Score:3.9000000121153%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 166.64kcal (8.33%), Fat: 8.04g (12.37%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 20.77g (7.55%), Sugar: 15.88g (17.65%), Cholesterol: 21.51mg (7.17%), Sodium: 51.94mg (2.26%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Caffeine: 10.43mg (3.48%), Protein: 2.24g (4.49%), Manganese: 0.31mg (15.34%), Copper: 0.2mg (9.89%), Magnesium: 27.63mg (6.91%), Iron: 1.21mg (6.7%), Selenium: 4.51µg (6.45%), Fiber: 1.57g (6.29%), Phosphorus: 60.31mg (6.03%), Vitamin B1: 0.06mg (4.01%), Vitamin B2: 0.06mg (3.75%), Zinc: 0.53mg (3.55%), Folate: 13.21µg (3.3%), Potassium: 114.4mg (3.27%), Calcium: 28.85mg (2.89%), Vitamin B3: 0.45mg (2.26%), Vitamin B5: 0.19mg (1.89%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.6µg (1.53%), Vitamin B6: 0.03mg (1.33%), Vitamin B12: 0.06µg (1.08%)