



## German Chocolate Chocolate Chip Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



223 kcal

### Ingredients

- 0.5 cup butter softened
- 1 eggs
- 17.5 oz chocolate chip cookie mix
- 0.3 cup cocoa powder unsweetened
- 0.3 cup water
- 15.5 oz betty rich & creamy coconut pecan frosting

### Equipment

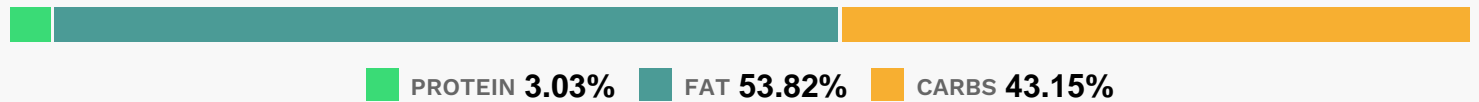
- bowl
- baking sheet

- oven
- wire rack

## Directions

- Heat oven to 375°F. In medium bowl, stir together butter and egg. Stir in cookie mix, cocoa and water until soft dough forms.
- Onto ungreased cookie sheet, drop dough by rounded tablespoonfuls about 2 inches apart.
- Bake 7 to 9 minutes or until cookies are set. Cool 1 minute; remove from cookie sheet to cooling rack. Cool completely, about 15 minutes.
- Generously frost cookies with coconut pecan frosting.

## Nutrition Facts



## Properties

Glycemic Index:2.03, Glycemic Load:6.53, Inflammation Score:-2, Nutrition Score:2.55565214724%

## Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 222.6kcal (11.13%), Fat: 13.52g (20.8%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 22.91g (8.33%), Sugar: 14.05g (15.61%), Cholesterol: 8.47mg (2.82%), Sodium: 157.49mg (6.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Manganese: 0.17mg (8.48%), Fiber: 1.48g (5.91%), Vitamin B1: 0.08mg (5.12%), Magnesium: 16.65mg (4.16%), Folate: 15.51µg (3.88%), Vitamin A: 179.79IU (3.6%), Phosphorus: 35.15mg (3.51%), Copper: 0.07mg (3.49%), Vitamin B2: 0.05mg (3.16%), Iron: 0.55mg (3.03%), Potassium: 94.35mg (2.7%), Vitamin E: 0.37mg (2.44%), Vitamin B3: 0.48mg (2.4%), Zinc: 0.28mg (1.89%), Selenium: 1.19µg (1.7%)