



Gluten-Free Chocolate Crinkles



Vegetarian



Dairy Free



Low Fod Map

READY IN



260 min.

SERVINGS



72

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup vegetable oil
- 4 oz baker's chocolate unsweetened cooled melted
- 2 cups granulated sugar
- 2 teaspoons vanilla extract pure
- 4 eggs
- 2.5 cups pancake mix gluten free
- 0.5 cup powdered sugar gluten-free

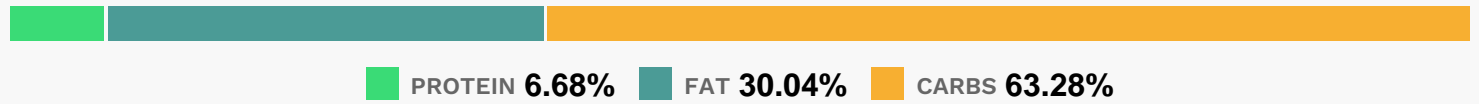
Equipment

- bowl
- baking sheet
- oven

Directions

- In large bowl, mix oil, chocolate, sugar and vanilla. Stir in eggs, one at a time. Stir in Bisquick mix until dough forms. Cover; refrigerate at least 3 hours.
- Heat oven to 350°F. Grease cookie sheets with shortening or cooking spray. Drop dough by teaspoonfuls into powdered sugar; roll around to coat and shape into balls.
- Place about 2 inches apart on cookie sheets.
- Bake 10 to 12 minutes or until almost no imprint remains when touched lightly in center. Immediately remove from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:0.97, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:1.1639130451595%

Flavonoids

Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg

Nutrients (% of daily need)

Calories: 48.85kcal (2.44%), Fat: 1.72g (2.65%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.82g (2.85%), Sugar: 6.4g (7.11%), Cholesterol: 12.3mg (4.1%), Sodium: 26.73mg (1.16%), Alcohol: 0.04g (100%), Alcohol %: 0.29% (100%), Protein: 0.86g (1.73%), Manganese: 0.07mg (3.66%), Copper: 0.06mg (2.77%), Phosphorus: 25.27mg (2.53%), Iron: 0.38mg (2.11%), Selenium: 1.36µg (1.94%), Vitamin B2: 0.03mg (1.65%), Magnesium: 6.45mg (1.61%), Zinc: 0.22mg (1.45%), Fiber: 0.35g (1.39%), Calcium: 12.74mg (1.27%)