



Gluten-Free Double Chocolate Chip Cookies

 Gluten Free  Dairy Free

READY IN



94 min.

SERVINGS



12

CALORIES



261 kcal

DESSERT

Ingredients

- 0.3 cup apple sauce
- 1 teaspoon baking soda
- 1 cup chocolate chips
- 0.5 cup cocoa powder
- 1 cup coconut oil
- 1.3 cups evaporated cane juice
- 0.3 cup flax meal
- 1.5 cups baking flour gluten-free all-purpose

- 1 teaspoon kosher salt
- 2 tablespoons vanilla extract pure
- 1.5 teaspoons xanthan gum

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- spatula

Directions

- Watch how to make this recipe.
- Preheat oven to 325 degrees F. Line 2 baking sheets with parchment paper.
- In a medium bowl, mix together the oil, evaporated cane juice, applesauce, cocoa powder, salt, and vanilla. In another medium bowl, whisk together the flour, flax meal, baking soda, and xanthan gum. Using a rubber spatula, carefully add the dry ingredients into the wet mixture and combine until dough is formed. Gently fold in the chocolate chips just until they are evenly distributed throughout the dough.
- Using a melon-baller or tablespoon, scoop the dough onto the prepared baking sheets, spacing them 1-inch apart. Gently press each with the heel of your hand to help them spread.
- Bake on the center rack for 14 minutes, rotating the trays 180 degrees after 7 minutes. The cookies will be crispy on the edges and soft in the center.
- Let the cookies stand on the baking sheet for 10 minutes, then transfer the cookies to a wire rack and cool completely before covering. Store in an airtight container at room temperature for up to 3 days.

Nutrition Facts



■ PROTEIN 3.98% ■ FAT 32.29% ■ CARBS 63.73%

Properties

Glycemic Index:4.5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.3886956621123%

Flavonoids

Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 260.93kcal (13.05%), Fat: 10.3g (15.85%), Saturated Fat: 6.09g (38.05%), Carbohydrates: 45.75g (15.25%), Net Carbohydrates: 41.63g (15.14%), Sugar: 30.94g (34.38%), Cholesterol: 0mg (0%), Sodium: 297.9mg (12.95%), Alcohol: 0.75g (100%), Alcohol %: 1.07% (100%), Caffeine: 8.24mg (2.75%), Protein: 2.86g (5.71%), Fiber: 4.13g (16.52%), Manganese: 0.23mg (11.37%), Copper: 0.18mg (9%), Magnesium: 31.42mg (7.85%), Iron: 1.25mg (6.97%), Phosphorus: 49.17mg (4.92%), Potassium: 140.77mg (4.02%), Vitamin B1: 0.06mg (3.96%), Calcium: 34.46mg (3.45%), Zinc: 0.39mg (2.63%), Selenium: 1.38µg (1.97%), Vitamin B6: 0.02mg (1.12%), Vitamin B2: 0.02mg (1.06%), Folate: 4.25µg (1.06%)