



Goopy chocolate cherry cookies

 Popular

READY IN



30 min.

SERVINGS



20

CALORIES



177 kcal

DESSERT

Ingredients

- ☐ 200 g butter unsalted at room temperature
- ☐ 85 g g muscovado sugar light
- ☐ 85 g brown sugar
- ☐ 1 eggs
- ☐ 225 g self raising flour
- ☐ 50 g chocolate plain roughly chopped
- ☐ 50 g chocolate white roughly chopped
- ☐ 85 g cherries roughly chopped

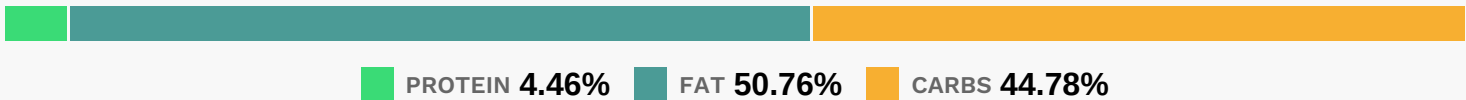
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Beat the butter, sugars and egg until smooth, then mix in the flour, chocolates and cherry pieces and tsp salt. Spoon onto non-stick baking sheets in large rough blobs youll get 20 out of this mix. Make sure they are well spaced as the cookies grow substantially as they bake. The raw dough can be frozen.
- ☐ Bake for 12-14 mins until just golden, but still quite pale and soft in the middle. If baking from frozen, give them a few mins more. Cool on the sheets for 5 mins, then lift onto racks with a fish slice and leave to cool completely.

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:7.03, Inflammation Score:-2, Nutrition Score:2.0486956446067%

Flavonoids

Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 176.59kcal (8.83%), Fat: 10.17g (15.65%), Saturated Fat: 6.22g (38.89%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 19.69g (7.16%), Sugar: 11.6g (12.89%), Cholesterol: 30.21mg (10.07%), Sodium: 9.48mg (0.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Selenium: 5.53µg (7.89%), Manganese: 0.11mg (5.55%), Vitamin A: 265.48IU (5.31%), Phosphorus: 26.98mg (2.7%), Copper: 0.05mg (2.3%), Vitamin E: 0.33mg (2.22%), Vitamin B2: 0.03mg (2.04%), Fiber: 0.5g (2.01%), Magnesium: 7.63mg (1.91%), Calcium: 18.5mg (1.85%), Iron: 0.29mg (1.62%), Potassium: 51.83mg (1.48%), Folate: 5.55µg (1.39%), Vitamin B5: 0.13mg (1.31%), Zinc: 0.19mg (1.3%),

Vitamin D: 0.19µg (1.29%), Vitamin K: 1.21µg (1.16%)