



Healthier Three Ingredient Fudgy Chocolate Cookies

 Popular

READY IN



20 min.

SERVINGS



20

CALORIES



151 kcal

DESSERT

Ingredients

- ☐ 1 box chocolate fudge cake mix (I used Duncan Hines)
- ☐ 1 cup greek strained nonfat yogurt plain (I use Chobani or Fage)
- ☐ 1 cup semi chocolate chips

Equipment

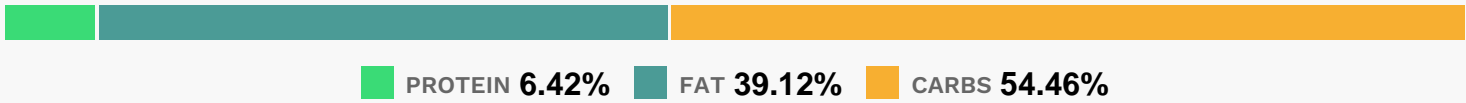
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

☐ mixing bowl

Directions

- ☐ Preheat oven to 350F. Line two baking sheets with silpat mats or parchment paper.
- ☐ Pour cake mix and yogurt into a large glass mixing bowl and stir with a spoon. It may appear that there is too much dry batter to blend with the yogurt but if you continue to stir, it will come together into one uniform dough. A little more cake mix will stick to the yogurt with each stir. After the dough comes together, if it really does seem too dry, add in one more tablespoon of yogurt and mix until blended.
- ☐ Stir in chocolate chips. Take rounded tablespoons of dough and place on cookie sheet, about 2 inches apart. Press down gently on dough as it does not spread that much during baking.
- ☐ Bake for approximately 8–10 minutes. If you touch them, they will still be very soft. The cookies will firm up and set after finished cooling.
- ☐ Let cookies cool on the cookie sheet and firm up before removing them from the baking sheets.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.8773912602793%

Nutrients (% of daily need)

Calories: 151.42kcal (7.57%), Fat: 6.84g (10.52%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 20.19g (7.34%), Sugar: 12.52g (13.91%), Cholesterol: 0.79mg (0.26%), Sodium: 188.53mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.12mg (3.37%), Protein: 2.53g (5.05%), Phosphorus: 100.95mg (10.1%), Copper: 0.2mg (10.03%), Iron: 1.55mg (8.62%), Manganese: 0.17mg (8.4%), Magnesium: 28.32mg (7.08%), Calcium: 62.36mg (6.24%), Selenium: 3.88µg (5.54%), Fiber: 1.24g (4.95%), Potassium: 153.55mg (4.39%), Vitamin B2: 0.07mg (3.98%), Folate: 14.86µg (3.72%), Zinc: 0.53mg (3.53%), Vitamin B1: 0.05mg (3.03%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.29mg (1.95%), Vitamin B12: 0.09µg (1.52%), Vitamin K: 1.49µg (1.42%), Vitamin B5: 0.13mg (1.35%)