



## Healthified Brownie Cookies

READY IN



105 min.

SERVINGS



48

CALORIES



109 kcal

DESSERT

### Ingredients

- 1.5 teaspoons baking soda
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 0.3 cup canola oil
- 0.3 cup chocolate syrup
- 1 eggs
- 2 egg whites
- 2.3 cups flour all-purpose gold medal®
- 0.5 cup granulated sugar

- 0.5 cup pecans chopped toasted
- 0.5 teaspoon salt
- 6 oz semi chocolate chips dark
- 1 cup cranberries dried sweetened
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla

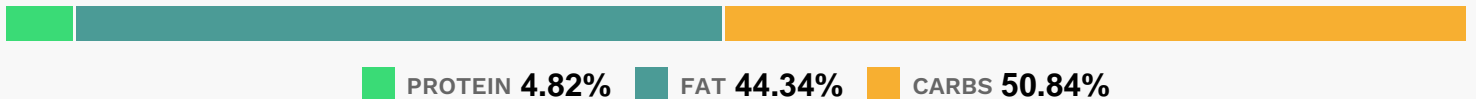
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

## Directions

- Heat oven to 350°F. Spray cookie sheets with cooking spray. In large bowl, beat sugars, butter and oil with electric mixer on low speed until blended. Beat in chocolate syrup, egg whites, egg and vanilla.
- Beat in flour, cocoa, baking soda and salt until well blended. Stir in chocolate chips, cranberries and pecans. Drop by slightly-rounded measuring tablespoonfuls about 2 inches apart onto cookie sheets.
- Bake 10 to 13 minutes or until set. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.27, Glycemic Load:4.69, Inflammation Score:-1, Nutrition Score:2.3669565315966%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## **Nutrients (% of daily need)**

Calories: 109.39kcal (5.47%), Fat: 5.54g (8.52%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 13.35g (4.85%), Sugar: 8.31g (9.23%), Cholesterol: 8.71mg (2.9%), Sodium: 79.52mg (3.46%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Caffeine: 4.51mg (1.5%), Protein: 1.36g (2.71%), Manganese: 0.18mg (8.79%), Copper: 0.1mg (5.04%), Selenium: 3.04µg (4.35%), Iron: 0.69mg (3.81%), Fiber: 0.95g (3.78%), Vitamin B1: 0.06mg (3.74%), Magnesium: 13.51mg (3.38%), Folate: 11.77µg (2.94%), Phosphorus: 27.95mg (2.8%), Vitamin B2: 0.05mg (2.71%), Vitamin E: 0.36mg (2.42%), Vitamin B3: 0.43mg (2.13%), Zinc: 0.26mg (1.71%), Potassium: 51.92mg (1.48%), Vitamin K: 1.53µg (1.45%), Vitamin A: 66.45IU (1.33%)