



Italian Chocolate Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



113 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 1 cup butter softened
- 1 tablespoon butter softened
- 2 cups powdered sugar
- 3 cups flour all-purpose
- 0.3 cup milk hot
- 0.3 cup milk
- 2 ounce baker's chocolate unsweetened

- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped
- 0.8 cup granulated sugar white

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Sift 3 cups flour twice. In a large bowl, mix flour, baking powder, white sugar and cocoa. Cream 1 cup butter or margarine; blend into flour mixture.
- Add 1/3 cup milk, 1 teaspoon vanilla and nuts.
- Mix thoroughly with hands until well blended. (Dough should be the consistency of pie crust, but not sticky.)
- For each cookie, pinch off about 1 teaspoon dough.
- Roll by hands into balls, each about one-inch in diameter.
- Place on greased baking sheets. Do not flatten.
- Bake about 10 minutes, until lightly browned.
- Remove from baking sheets; cool on racks. When cool, drizzle each generously with chocolate frosting.
- Sprinkle with candy sprinkles if desired.
- To make Chocolate Frosting: Melt the chocolate squares over low heat. Cream with 1 tablespoon of butter or margarine, 1 teaspoon vanilla and 2 cups of confectioner's sugar. Gradually add hot milk, beating until smooth.

Nutrition Facts



■ PROTEIN 4.68% ■ FAT 43.91% ■ CARBS 51.41%

Properties

Glycemic Index:9.02, Glycemic Load:6.65, Inflammation Score:-2, Nutrition Score:2.3808695993022%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 113.02kcal (5.65%), Fat: 5.73g (8.81%), Saturated Fat: 3.14g (19.63%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 14.43g (5.25%), Sugar: 8.24g (9.15%), Cholesterol: 11.15mg (3.72%), Sodium: 69.44mg (3.02%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.37g (2.74%), Manganese: 0.16mg (8.1%), Vitamin B1: 0.07mg (4.63%), Selenium: 3.02µg (4.32%), Copper: 0.09mg (4.32%), Folate: 16.12µg (4.03%), Iron: 0.71mg (3.93%), Phosphorus: 32.18mg (3.22%), Vitamin B2: 0.05mg (2.95%), Calcium: 28.66mg (2.87%), Fiber: 0.66g (2.62%), Vitamin A: 130.52IU (2.61%), Magnesium: 10.3mg (2.57%), Vitamin B3: 0.51mg (2.53%), Zinc: 0.25mg (1.69%), Potassium: 36.35mg (1.04%)