



Jacques Torres' Chocolate Mudslide Cookies

READY IN



41 min.

SERVINGS



40

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 1 tablespoons double-acting baking powder
- ☐ 16 ounces bittersweet chocolate chopped
- ☐ 6 tablespoons butter
- ☐ 5 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 pinch salt
- ☐ 2.3 cups sugar
- ☐ 6 ounces chocolate unsweetened
- ☐ 1.3 cups walnuts chopped

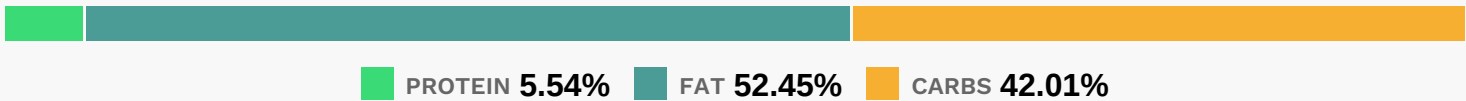
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer
- ☐ ice cream scoop

Directions

- ☐ Melt the unsweetened and bittersweet chocolates together and set aside
- ☐ Place the butter and sugar in the bowl of a stand mixer and mix until combined.
- ☐ Add the eggs 1 at a time.
- ☐ Add in the flour, baking powder and salt and mix just until combined.
- ☐ Add the melted chocolate. Stir in the walnuts and chopped chocolate pieces.Spoon small mounds of the dough onto a parchment paper lined baking sheet. If you want to make giant cookies, use an ice cream scoop instead. Space the dough mounds evenly and bake in a preheated 350 degrees F convection oven for 16 minutes.

Nutrition Facts



Properties

Glycemic Index:7.68, Glycemic Load:8.84, Inflammation Score:-2, Nutrition Score:4.9599999628313%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg

Nutrients (% of daily need)

Calories: 182.96kcal (9.15%), Fat: 11.23g (17.28%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 18.33g (6.67%), Sugar: 15.55g (17.28%), Cholesterol: 25.66mg (8.55%), Sodium: 56.45mg (2.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.15mg (4.38%), Protein: 2.67g (5.34%), Manganese:

0.47mg (23.25%), Copper: 0.34mg (17.21%), Magnesium: 40.77mg (10.19%), Iron: 1.77mg (9.84%), Phosphorus: 78.8mg (7.88%), Fiber: 1.9g (7.6%), Zinc: 0.91mg (6.05%), Selenium: 3.78µg (5.4%), Calcium: 36.47mg (3.65%), Potassium: 125.77mg (3.59%), Vitamin B2: 0.05mg (3%), Folate: 10.28µg (2.57%), Vitamin B1: 0.04mg (2.46%), Vitamin A: 88.58IU (1.77%), Vitamin B6: 0.03mg (1.74%), Vitamin B5: 0.16mg (1.55%), Vitamin E: 0.22mg (1.45%), Vitamin B3: 0.29mg (1.45%), Vitamin K: 1.5µg (1.42%), Vitamin B12: 0.07µg (1.22%)