



Light Chocolate Chunk Cookies

 Vegetarian

READY IN



39 min.

SERVINGS



15

CALORIES



251 kcal

DESSERT

Ingredients

- 1 cup almonds sliced
- 0.5 teaspoon double-acting baking powder
- 0.5 cup firmly brown sugar light packed
- 1 tablespoon canola oil
- 6 ounces dark-chocolate chunks such as scharffen berger (60-70% cocoa solids)
- 0.8 cup cherries dried
- 2 large eggs lightly beaten
- 0.8 cup flour all-purpose

- 0.3 cup granulated sugar
- 0.3 teaspoon salt
- 5 tablespoons butter unsalted softened
- 1 tablespoon vanilla extract
- 0.5 cup flour whole-wheat

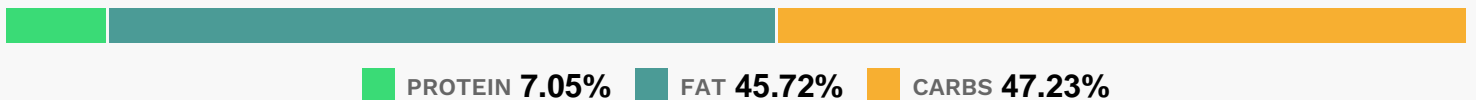
Equipment

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

Directions

- Preheat oven to 37
- In a large bowl, combine butter and sugars; beat with an electric mixer until fluffy.
- Add oil and eggs; beat until creamy. Stir in vanilla.
- In a medium bowl, combine flours, baking powder, and salt.
- Add flour mixture to butter mixture; stir well. Gently fold in chocolate, cherries, and almonds.
- Scoop batter by heaping tablespoons onto 2 baking sheets covered with parchment paper.
- Bake cookies in 2 batches in upper and lower third of oven until golden on top and bottom (12-15 minutes).
- Transfer cookies on parchment paper to a wire rack; cool (cookies will crisp as they cool).
Store cookies at room temperature in an airtight container (they will keep for up to 4 days).

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:5.87, Inflammation Score:-4, Nutrition Score:6.8926086633102%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 251.3kcal (12.57%), Fat: 12.93g (19.89%), Saturated Fat: 5.43g (33.96%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 27.21g (9.89%), Sugar: 18.18g (20.2%), Cholesterol: 35.51mg (11.84%), Sodium: 67.41mg (2.93%), Alcohol: 0.3g (100%), Alcohol %: 0.65% (100%), Caffeine: 9.75mg (3.25%), Protein: 4.49g (8.97%), Manganese: 0.5mg (25.23%), Vitamin E: 2.01mg (13.41%), Copper: 0.24mg (12%), Selenium: 8µg (11.42%), Fiber: 2.84g (11.36%), Magnesium: 45.07mg (11.27%), Phosphorus: 97.6mg (9.76%), Iron: 1.66mg (9.24%), Vitamin B2: 0.15mg (8.62%), Vitamin A: 373.86IU (7.48%), Vitamin B1: 0.09mg (5.89%), Calcium: 50.21mg (5.02%), Zinc: 0.73mg (4.89%), Folate: 19.24µg (4.81%), Vitamin B3: 0.9mg (4.52%), Potassium: 151.92mg (4.34%), Vitamin B5: 0.23mg (2.32%), Vitamin B6: 0.05mg (2.3%), Vitamin K: 1.92µg (1.83%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.2µg (1.36%)