



Mudslide Cookies

READY IN



45 min.

SERVINGS



30

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 ounces bittersweet chocolate coarsely chopped
- ☐ 1.5 tablespoons butter
- ☐ 0.5 cup egg substitute
- ☐ 2 large eggs
- ☐ 6.8 ounces flour all-purpose
- ☐ 1 tablespoon coffee granules instant
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup semisweet chocolate minichips

- ☐ 2.5 cups sugar
- ☐ 2 ounces chocolate unsweetened coarsely chopped
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 tablespoon water hot

Equipment

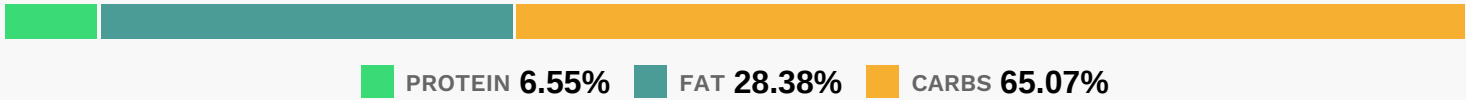
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place butter, bittersweet chocolate, and unsweetened chocolate into a microwave-safe bowl; microwave at HIGH 1 minute or until chocolate is almost melted. Stir until smooth.
- ☐ Combine coffee granules and 1 tablespoon hot water, stirring until granules dissolve. Stir coffee and vanilla into chocolate mixture.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cocoa, baking powder, and salt, stirring well with a whisk.
- ☐ Combine sugar, egg substitute, and eggs in a large bowl; beat with a mixer at high speed 6 minutes or until thick and pale. Gently stir 1/4 of egg mixture into chocolate mixture; stir chocolate mixture into remaining egg mixture. Stir in flour mixture, nuts, and chocolate chips.

- ☐
- Cover baking sheets with parchment paper. Drop dough by rounded tablespoons 2 inches apart on prepared baking sheets; with moist hands, gently press dough into 1/4-inch-thick rounds.
- ☐
- Bake at 350 for 15 minutes or until set. Cool 1 minute.
- ☐
- Remove from pans; cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:10.24, Glycemic Load:15.25, Inflammation Score:-2, Nutrition Score:4.0047826191977%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epicatechin: 5.5mg, Epicatechin: 5.5mg, Epicatechin: 5.5mg, Epicatechin: 5.5mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 148.05kcal (7.4%), Fat: 4.94g (7.6%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 24.02g (8.73%), Sugar: 18.27g (20.3%), Cholesterol: 14.14mg (4.71%), Sodium: 56.72mg (2.47%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Caffeine: 13.36mg (4.45%), Protein: 2.56g (5.13%), Manganese: 0.3mg (15%), Copper: 0.21mg (10.43%), Selenium: 5.74µg (8.21%), Iron: 1.31mg (7.27%), Magnesium: 26.27mg (6.57%), Fiber: 1.46g (5.83%), Phosphorus: 57.76mg (5.78%), Vitamin B1: 0.07mg (4.54%), Vitamin B2: 0.08mg (4.47%), Folate: 16.8µg (4.2%), Zinc: 0.57mg (3.81%), Calcium: 30.07mg (3.01%), Vitamin B3: 0.54mg (2.72%), Potassium: 94.57mg (2.7%), Vitamin B5: 0.18mg (1.76%), Vitamin B6: 0.03mg (1.39%), Vitamin E: 0.16mg (1.09%)