

Nitey Night Cookies

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

200 kcal

DESSERT

Ingredients

- ☐ 2 egg whites
- ☐ 1 cup pecans chopped
- ☐ 1 cup semi chocolate chips
- ☐ 0.8 cup sugar white

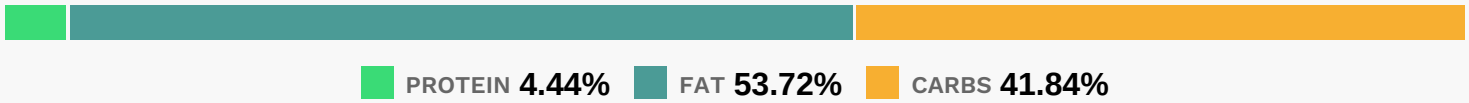
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat egg whites with an electric mixer until soft peaks form. Gradually add sugar and beat until stiff peaks form. Fold in the pecans and chocolate chips. Drop by teaspoonfuls onto a prepared cookie sheet. Put cookies into the preheated oven and turn off the oven, keeping the door shut. Do not open the door until the next morning. Then the cookies should be done. It is best to do this at bedtime so the waiting is easier.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:8.77, Inflammation Score:-2, Nutrition Score:4.5930434539914%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 200.34kcal (10.02%), Fat: 12.34g (18.98%), Saturated Fat: 3.87g (24.16%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 19.54g (7.11%), Sugar: 18.38g (20.42%), Cholesterol: 0.9mg (0.3%), Sodium: 9.93mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 2.3g (4.59%), Manganese: 0.61mg (30.43%), Copper: 0.3mg (14.91%), Magnesium: 37.94mg (9.49%), Fiber: 2.07g (8.29%), Iron: 1.19mg (6.6%), Phosphorus: 64.91mg (6.49%), Zinc: 0.81mg (5.41%), Vitamin B1: 0.06mg (4.33%), Selenium: 2.68µg (3.83%), Potassium: 130.69mg (3.73%), Vitamin B2: 0.04mg (2.56%), Calcium: 16.13mg (1.61%), Vitamin E: 0.22mg (1.44%), Vitamin B5: 0.13mg (1.33%), Vitamin K: 1.4µg (1.33%), Vitamin B6: 0.02mg (1.22%), Vitamin B3: 0.24mg (1.19%)