



Old Fashioned Fudge Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



76 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup butter softened
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 4 ounce chocolate unsweetened melted
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup sugar white

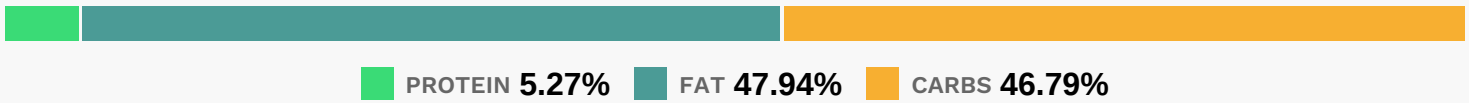
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Cream sugar and butter in mixer till creamy.
- ☐ Add eggs and vanilla, beat till well-mixed.
- ☐ Blend in flour, baking powder, and salt. Continue beating until well mixed. Beat in melted chocolate on low speed just until mixed.
- ☐ Shape into slightly flattened balls (rounded teaspoonfuls).
- ☐ Bake on ungreased cookie sheets at 375 degrees F (190 degrees C) for 7-8 minutes or until set. Cool for about a minute, then remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:5.98, Glycemic Load:6.17, Inflammation Score:-1, Nutrition Score:1.8943478273957%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 76.47kcal (3.82%), Fat: 4.27g (6.57%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 8.83g (3.21%), Sugar: 4.22g (4.69%), Cholesterol: 11.04mg (3.68%), Sodium: 45.79mg (1.99%), Alcohol: 0.06g (100%), Alcohol %: 0.42% (100%), Protein: 1.06g (2.11%), Manganese: 0.14mg (6.96%), Copper: 0.09mg (4.3%), Iron: 0.71mg (3.95%), Selenium: 2.52µg (3.6%), Vitamin B1: 0.05mg (3.34%), Folate: 11.92µg (2.98%), Magnesium: 9.24mg (2.31%), Vitamin B2: 0.04mg (2.21%), Fiber: 0.55g (2.2%), Phosphorus: 20.28mg (2.03%), Vitamin B3: 0.38mg (1.9%), Zinc: 0.28mg (1.89%), Vitamin A: 93.59IU (1.87%)