



Orange-Chocolate Chunk Cookies

 Dairy Free

READY IN



55 min.

SERVINGS



20

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 6 oz bittersweet chocolate
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 10.5 oz cranberry-orange relish cut into thirds (21 candies)

- ☐ 3 tablespoons orange juice
- ☐ 2 teaspoons orange zest grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla

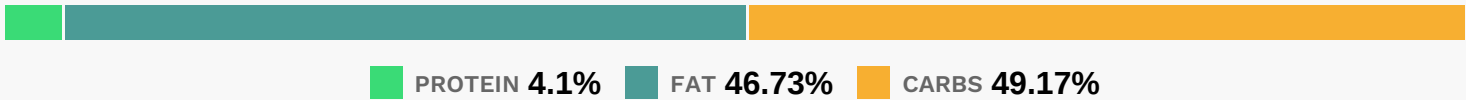
Equipment

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

Directions

- ☐ Heat oven to 350F. In large bowl, beat sugars, butter, shortening, orange peel, orange juice, vanilla and egg with electric mixer on medium speed, or mix with spoon, until creamy. Stir in flour, baking soda and salt. Stir in chocolate chunks and orange candies.
- ☐ Drop dough by 1/4 cupfuls about 3 inches apart onto ungreased large cookie sheet.
- ☐ Bake 12 to 16 minutes or until light golden brown. Cool 3 minutes; remove from cookie sheet to wire rack.

Nutrition Facts



Properties

Glycemic Index:11.98, Glycemic Load:12.85, Inflammation Score:-4, Nutrition Score:5.1521739894929%

Flavonoids

Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg Naringenin: 2.33mg, Naringenin: 2.33mg, Naringenin: 2.33mg, Naringenin: 2.33mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 254.89kcal (12.74%), Fat: 13.35g (20.54%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 30.13g (10.96%), Sugar: 17.8g (19.77%), Cholesterol: 8.69mg (2.9%), Sodium: 173.27mg (7.53%), Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Caffeine: 7.31mg (2.44%), Protein: 2.63g (5.27%), Manganese: 0.23mg (11.5%), Vitamin C: 9.48mg (11.49%), Selenium: 6.9µg (9.85%), Vitamin B1: 0.14mg (9.56%), Folate: 35.06µg (8.76%), Iron: 1.39mg (7.71%), Copper: 0.14mg (7.13%), Vitamin B2: 0.1mg (5.97%), Fiber: 1.49g (5.94%), Magnesium: 21.42mg (5.36%), Vitamin B3: 1.06mg (5.3%), Vitamin A: 258.56IU (5.17%), Phosphorus: 47.55mg (4.76%), Vitamin E: 0.6mg (4.01%), Potassium: 114.2mg (3.26%), Vitamin K: 3.39µg (3.23%), Zinc: 0.38mg (2.52%), Calcium: 24.11mg (2.41%), Vitamin B5: 0.22mg (2.21%), Vitamin B6: 0.03mg (1.39%)