



Red Velvet White Chocolate Chip Cookies



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



20

CALORIES



153 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter salted softened
- ☐ 1 cup brown sugar light packed
- ☐ 2 teaspoons vanilla
- ☐ 1 eggs
- ☐ 2 teaspoons purple gel food coloring red
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 cup peppermint candies white (add)
- ☐ 1.8 cups frangelico

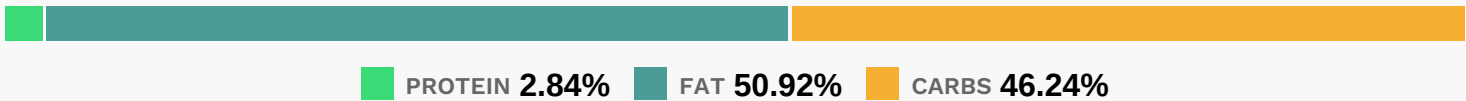
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Line 2 cookie sheets with silicone baking mats or cooking parchment paper.
- ☐ In large bowl, beat butter and brown sugar with electric mixer on medium speed until light and fluffy. Beat in vanilla, egg and food color.
- ☐ Add Bisquick mix and baking cocoa; beat on low speed until combined. Stir in chips.
- ☐ Drop dough by rounded tablespoonfuls about 2 inches apart on cookie sheets.
- ☐ Bake 8 to 10 minutes, but no longer than 10 minutes (mine were perfect at 8 minutes). The cookies will look underdone, but this is what you want. Cool on cookie sheets 5 minutes.
- ☐ Remove from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1030434784682%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 153.47kcal (7.67%), Fat: 9.05g (13.92%), Saturated Fat: 6.58g (41.11%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 18.1g (6.58%), Sugar: 17.47g (19.41%), Cholesterol: 20.39mg (6.8%), Sodium: 50.29mg (2.19%), Alcohol: 0.14g (100%), Alcohol %: 0.53% (100%), Protein: 1.13g (2.27%), Calcium: 30.89mg (3.09%), Vitamin A:

153.7IU (3.07%), Manganese: 0.05mg (2.49%), Copper: 0.05mg (2.39%), Magnesium: 6.78mg (1.69%), Fiber: 0.4g (1.59%), Iron: 0.27mg (1.49%), Selenium: 1.02µg (1.45%), Phosphorus: 14.07mg (1.41%), Vitamin E: 0.16mg (1.04%), Potassium: 35.96mg (1.03%)