



## Red Wine Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



1

CALORIES



2491 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 0.5 cup brown sugar
- 0.5 cup butter
- 0.3 cup cocoa powder
- 1 eggs
- 1.5 cups flour all-purpose
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

- 0.5 cup sugar white
- 0.3 cup red zinfandel wine as needed

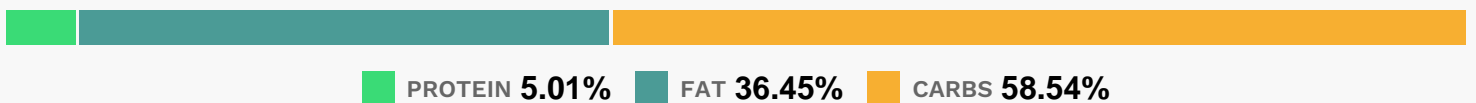
## Equipment

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

## Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Beat butter, white sugar, and brown sugar together in a bowl with an electric mixer until smooth, 2 to 3 minutes.
- Add egg and vanilla extract; beat until combined.
- Add red wine; beat until fully incorporated. Stir flour, cocoa powder, baking soda, and salt into butter mixture until moistened. Scoop into small mounds on a baking sheet.
- Bake in the preheated oven until edges are crisp, 10 to 12 minutes.
- Let cool on baking sheet for 10 minutes before transferring to a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:195.09, Glycemic Load:173.36, Inflammation Score:-10, Nutrition Score:45.959565369979%

## Flavonoids

Catechin: 18.58mg, Catechin: 18.58mg, Catechin: 18.58mg, Catechin: 18.58mg Epicatechin: 56.31mg, Epicatechin: 56.31mg, Epicatechin: 56.31mg, Epicatechin: 56.31mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

## Nutrients (% of daily need)

Calories: 2491.01kcal (124.55%), Fat: 102.32g (157.42%), Saturated Fat: 62.32g (389.5%), Carbohydrates: 369.77g (123.26%), Net Carbohydrates: 354.1g (128.76%), Sugar: 208.24g (231.38%), Cholesterol: 407.7mg (135.9%), Sodium: 2509.99mg (109.13%), Alcohol: 7.93g (100%), Alcohol %: 1.54% (100%), Caffeine: 65.93mg (21.98%), Protein: 31.67g (63.34%), Manganese: 2.48mg (123.81%), Selenium: 84.23µg (120.33%), Vitamin B1: 1.52mg (101.2%), Folate: 377.48µg (94.37%), Iron: 14.32mg (79.55%), Vitamin B2: 1.26mg (73.99%), Copper: 1.45mg (72.51%), Fiber: 15.67g (62.68%), Vitamin A: 3073.97IU (61.48%), Vitamin B3: 11.91mg (59.57%), Phosphorus: 531.91mg (53.19%), Magnesium: 202.24mg (50.56%), Zinc: 3.98mg (26.56%), Potassium: 878.66mg (25.1%), Vitamin E: 3.24mg (21.58%), Calcium: 209.8mg (20.98%), Vitamin B5: 1.84mg (18.4%), Vitamin B6: 0.24mg (12.03%), Vitamin B12: 0.58µg (9.74%), Vitamin K: 9.36µg (8.91%), Vitamin D: 0.88µg (5.87%)