



WHATSheATE



Rocky Road Chocolate Cookies

READY IN



22 min.

SERVINGS



20

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups bittersweet chocolate chips
- ☐ 0.7 cup cocoa powder (I used a mix of natural and Dutch)
- ☐ 2 large eggs
- ☐ 9 oz flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 2 cups mini-marshmallows
- ☐ 1 cup broken pecans toasted

- ☐ 1 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.7 cup cup heavy whipping cream sour
- ☐ 2 tablespoons butter unsalted
- ☐ 2 teaspoons vanilla extract pure
- ☐ 2 teaspoons water boiling

Equipment

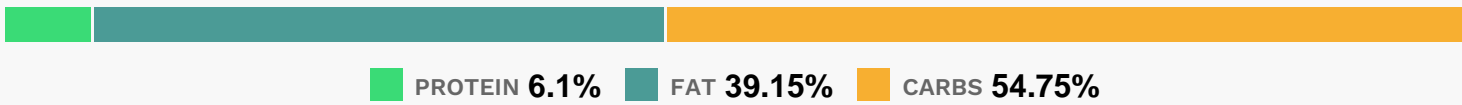
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ wax paper
- ☐ microwave
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F. Sift the flour, cocoa, baking powder and salt together 3 times. Set aside. Using an electric mixer, beat the butter on medium speed until creamy and lightened in color, about 2 minutes.
- ☐ Add the sugar and beat 1 minute longer.
- ☐ Add the eggs and mix until combined.
- ☐ Mix in the sour cream and the vanilla. Reduce the mixer speed to low and add the dry ingredients in two additions, mixing just until blended. Using a large rubber spatula, fold in the pecans and chocolate chips. Using about a quarter cup measure, shape dough into mounds and place 3 inches apart onto parchment paper or Silpat lined cookie sheets.

- ☐ Bake for 12 minutes or until just starting to set on top.
- ☐ Remove from the oven and press nine or ten mini-marshmallows at random onto the tops. Return the cookies to the oven and bake for another 2 minutes or just until the marshmallows start to soften. WATCH CAREFULLY. Do not allow the marshmallows to become too hot or they will melt. These cookies are best slightly underbaked.
- ☐ Let rest on the cookie sheets for 5 minutes or until firm enough to handle before loosening with a large metal spatula.
- ☐ Remove to a wire cooling rack set over a jelly roll pan or a sheet of wax paper. Glaze the Cookies
- ☐ Combine the chocolate chips and the butter in a medium bowl set over a pan of simmering water. Melt together, stirring occasionally. [Or microwave for 30 seconds or so]
- ☐ Add the boiling water , ½ teaspoon at a time, to thin to a pouring consistency. Using a spoon or a fork, drizzle the glaze over each cookie.
- ☐ Let stand on the cooling racks until the glaze sets.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:20.04, Inflammation Score:-3, Nutrition Score:6.9147825364185%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 293.41kcal (14.67%), Fat: 13.2g (20.31%), Saturated Fat: 7.12g (44.48%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 38.79g (14.1%), Sugar: 24.72g (27.46%), Cholesterol: 26.54mg (8.85%), Sodium: 194.43mg (8.45%), Alcohol: 0.14g (100%), Alcohol %: 0.24% (100%), Caffeine: 10.46mg (3.49%), Protein: 4.63g (9.26%), Manganese: 0.5mg (25.14%), Copper: 0.28mg (13.94%), Selenium: 8.01µg (11.44%), Fiber: 2.76g (11.03%), Vitamin B1: 0.15mg (10.25%), Phosphorus: 98.11mg (9.81%), Iron: 1.71mg (9.5%), Magnesium: 37.49mg (9.37%), Vitamin B2: 0.14mg (8.36%), Zinc: 1.2mg (8%), Folate: 31.09µg (7.77%), Calcium: 75.81mg (7.58%), Potassium: 206.51mg (5.9%),

Vitamin B3: 1.07mg (5.34%), Vitamin B5: 0.32mg (3.25%), Vitamin E: 0.43mg (2.88%), Vitamin B6: 0.05mg (2.52%),
Vitamin A: 116.12IU (2.32%), Vitamin B12: 0.11µg (1.81%), Vitamin K: 1.87µg (1.79%)