



WHATSheATE



## Shiny Happy Chocolate Cookies

READY IN



30 min.

SERVINGS



20

CALORIES



215 kcal

DESSERT

### Ingredients

- ☐ 0.3 tsp double-acting baking powder
- ☐ 2 tablespoons brown sugar packed
- ☐ 1.5 cups chocolate chips
- ☐ 2 large eggs
- ☐ 1 oz flour all-purpose sifted
- ☐ 0.5 cup granulated sugar
- ☐ 0.7 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 8 oz semi-sweet chocolate 62% chopped ()

- ☐ 4 tablespoons butter unsalted
- ☐ 0.3 teaspoon vanilla extract

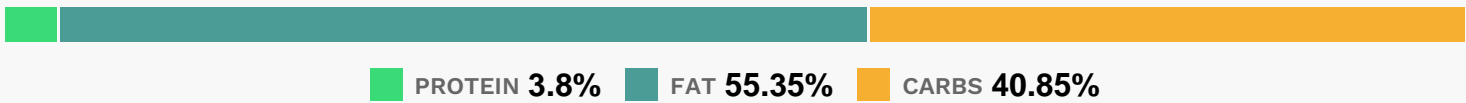
## Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

## Directions

- ☐ Mix together the flour, baking powder and salt; set aside.In a metal bowl set over a saucepan of barely simmering water, melt chocolate with butter. Cool slightly (about 3 minutes). If you melt the chocolate over barely simmering water, it shouldn't be too hot in the first place.Beat eggs and sugar in a mixing bowl using high speed of an electric mixer for 2–3 minutes. Beat the melted chocolate mixture into the egg mixture. Beat in the vanilla.
- ☐ Add the flour mixture and stir it gently into the batter. Make sure the batter is cool, then add the chocolate chips and walnuts.Chill dough for at least one hour.Preheat oven to 375 degrees F. Line two cookie sheets with parchment paper. I used an insulated cookie sheet.Scoop up rounded tablespoons of dough and set dough balls on parchment paper spacing about 2 ½ inches apart.
- ☐ Bake for 11–13 minutes.
- ☐ Let cookies cool on sheet for about 3 minutes, then transfer to a wire rack to cool.Note sure of yield, but I'll estimate 20.

## Nutrition Facts



## Properties

Glycemic Index:12.85, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:3.5008695331281%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 215.03kcal (10.75%), Fat: 13.52g (20.8%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 21.25g (7.73%), Sugar: 18.16g (20.18%), Cholesterol: 25.3mg (8.43%), Sodium: 44.2mg (1.92%), Alcohol: 0.02g (100%), Alcohol %: 0.05% (100%), Caffeine: 9.75mg (3.25%), Protein: 2.09g (4.18%), Manganese: 0.3mg (14.79%), Copper: 0.21mg (10.53%), Magnesium: 27.22mg (6.8%), Phosphorus: 56.39mg (5.64%), Iron: 1mg (5.56%), Fiber: 1.21g (4.83%), Selenium: 3.23µg (4.62%), Potassium: 130.94mg (3.74%), Zinc: 0.5mg (3.33%), Calcium: 28.63mg (2.86%), Vitamin B2: 0.04mg (2.54%), Folate: 8.86µg (2.22%), Vitamin A: 103.42IU (2.07%), Vitamin B1: 0.03mg (2.01%), Vitamin B6: 0.03mg (1.73%), Vitamin B5: 0.14mg (1.44%), Vitamin E: 0.21mg (1.42%), Vitamin B12: 0.07µg (1.16%), Vitamin B3: 0.23mg (1.14%), Vitamin K: 1.14µg (1.08%)