



Soft & Chewy Chocolate Bites

 Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 squares baker's chocolate unsweetened
- 0.8 cup butter (1-) (margarine: see tip)
- 3 eggs
- 2 cups flour
- 2 cups sugar
- 1 tsp vanilla

Equipment

- bowl

- baking sheet
- oven
- microwave

Directions

- Preheat oven to 350F. Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted. Stir in sugar. Blend in eggs and vanilla.
- Add flour; mix well. Refrigerate 1 hour, or until dough is easy to handle.
- Shape dough into 1-inch balls; place, 2 inches apart, on greased baking sheets.
- Bake 8 min. or just until set. (Do not overbake.)
- Let stand on baking sheet 1 min.; transfer to wire racks. Cool completely.

Nutrition Facts



PROTEIN 5.05% **FAT 41.25%** **CARBS 53.7%**

Properties

Glycemic Index:4.84, Glycemic Load:13.91, Inflammation Score:-3, Nutrition Score:3.1895652287842%

Flavonoids

Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg

Nutrients (% of daily need)

Calories: 148.54kcal (7.43%), Fat: 7.13g (10.98%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 20.03g (7.28%), Sugar: 13.4g (14.89%), Cholesterol: 16.37mg (5.46%), Sodium: 61mg (2.65%), Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Caffeine: 3.09mg (1.03%), Protein: 1.97g (3.93%), Manganese: 0.22mg (11%), Copper: 0.14mg (7.06%), Selenium: 4.57µg (6.53%), Iron: 1.14mg (6.35%), Vitamin B1: 0.07mg (4.9%), Folate: 18.46µg (4.61%), Vitamin A: 226.75IU (4.54%), Vitamin B2: 0.07mg (4.11%), Magnesium: 15.19mg (3.8%), Fiber: 0.87g (3.47%), Phosphorus: 34.49mg (3.45%), Zinc: 0.49mg (3.26%), Vitamin B3: 0.55mg (2.75%), Vitamin E: 0.24mg (1.62%), Potassium: 49.94mg (1.43%), Vitamin B5: 0.12mg (1.15%)