



WHATSheATE



Soft Chocolate Cookies with Grapefruit and Star Anise

READY IN



45 min.

SERVINGS



40

CALORIES



54 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 8 ounces bittersweet chocolate finely chopped
- ☐ 0.3 cup butter unsalted diced ()
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 2 large eggs
- ☐ 2 teaspoons grapefruit peel finely grated
- ☐ 2 tablespoons honey

- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 3 star anise whole

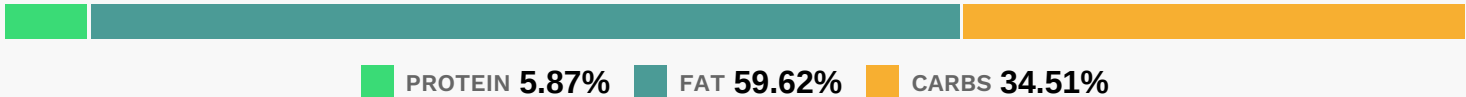
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine chocolate and butter in medium microwave-safe bowl. Microwave in 10-second intervals until chocolate is almost melted; remove and stir until melted and smooth. Finely grind 1 teaspoon sugar and 3 star anise in spice mill or small coffee grinder.
- ☐ Transfer to small bowl; whisk in flour, cocoa, coarse salt, and baking powder.
- ☐ Beat remaining 1/4 cup sugar, eggs, honey, and grapefruit peel in large bowl until thick and smooth. Fold in chocolate, then dry ingredients. Cover bowl; chill batter until cold and firm, at least 45 minutes and up to 1 day.
- ☐ Preheat oven to 375°F. Line 3 large baking sheets with parchment paper. Drop batter by tablespoonfuls onto prepared sheets, spacing mounds 2 inches apart.
- ☐ Bake cookies, 1 sheet at a time, until dry-looking and tester comes out with moist crumbs still attached, about 10 minutes. Cool on sheet 3 minutes, then transfer to racks and cool completely. DO AHEAD: Can be made 1 day ahead. Store airtight between sheets of waxed paper.
- ☐ * Star anise is a brown, star-shaped seedpod. It's available in the spice section of some supermarkets and at specialty

Nutrition Facts



Properties

Glycemic Index:7.36, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:1.3608695540739%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 53.59kcal (2.68%), Fat: 3.6g (5.54%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.14g (1.51%), Sugar: 3.06g (3.4%), Cholesterol: 12.69mg (4.23%), Sodium: 36.09mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.16mg (1.72%), Protein: 0.8g (1.59%), Manganese: 0.09mg (4.43%), Copper: 0.08mg (3.99%), Magnesium: 11.27mg (2.82%), Iron: 0.49mg (2.73%), Phosphorus: 22.73mg (2.27%), Selenium: 1.55µg (2.22%), Fiber: 0.54g (2.18%), Zinc: 0.2mg (1.36%), Potassium: 40.47mg (1.16%), Vitamin B2: 0.02mg (1.15%), Vitamin A: 52.07IU (1.04%)