



Spiced Soft Chocolate Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups brown sugar packed
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 cup milk sour

☐

3 ounce chocolate unsweetened

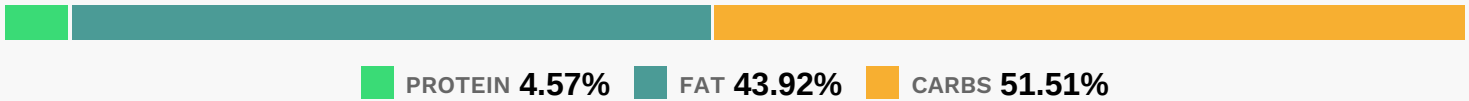
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ Melt chocolate in double boiler. Beat shortening with sugar.
- ☐ Add eggs, salt, baking soda, cinnamon, cloves, and melted chocolate.
- ☐ Add flour alternately with milk, beating first with electric mixer, then with spoon.
- ☐ Cover and chill dough 2 hours or more.
- ☐ Drop by teaspoonfuls onto lightly greased cookie sheet.
- ☐ Bake at 375 degrees F (190 degrees C), for 15–18 minutes or until cookies have lightly browned around edges. Cool and store in tightly covered jar.

Nutrition Facts



Properties

Glycemic Index:3.28, Glycemic Load:4.91, Inflammation Score:-1, Nutrition Score:2.9330434721449%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 147.95kcal (7.4%), Fat: 7.47g (11.49%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 19.05g (6.93%), Sugar: 12.24g (13.6%), Cholesterol: 9.91mg (3.3%), Sodium: 105.48mg (4.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Manganese: 0.18mg (9.23%), Selenium: 4.16µg (5.95%), Iron: 0.95mg (5.3%), Vitamin B1: 0.08mg (5.17%), Copper: 0.1mg (4.84%), Folate: 17.82µg (4.46%), Vitamin B2: 0.07mg (3.87%), Vitamin K: 3.35µg (3.19%), Phosphorus: 31.05mg (3.1%), Magnesium: 11.91mg (2.98%), Vitamin

B3: 0.57mg (2.84%), Vitamin E: 0.4mg (2.64%), Fiber: 0.66g (2.64%), Calcium: 24.28mg (2.43%), Zinc: 0.35mg (2.35%), Potassium: 59.09mg (1.69%), Vitamin B5: 0.16mg (1.6%)