



Stick To Your Teeth Chocolate Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



110 kcal

Ingredients

- ☐ 1 cup graham cracker crumbs finely
- ☐ 0.1 teaspoon salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla
- ☐ 1 halves walnut
- ☐ 24 walnut halves shelled
- ☐ 0.5 cup walnuts chopped

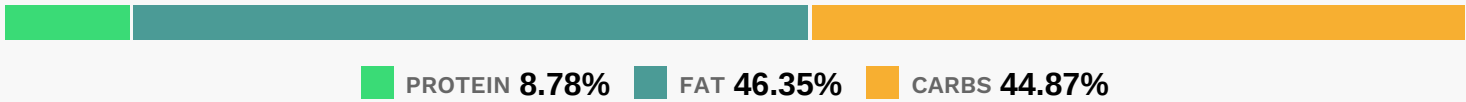
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ double boiler

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Using a double boiler, melt the chocolate in a medium size bowl.
- ☐ Add the milk and stir until the mixture thickens, approximately 5 minutes.
- ☐ Remove the bowl from heat and add the crumbs, salt, nuts, and vanilla and stir until well combined. Work quickly as the mixture will become stiff. Using a spoon, drop the mixture into rounded teaspoons onto a prepared greased cookie sheet.
- ☐ Place 1/2 a walnut on top of each cookie.
- ☐ Place cookies in oven and bake for 10 minutes.
- ☐ Remove cookies from oven and quickly transfer onto waxed paper to cool.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:7.44, Inflammation Score:-1, Nutrition Score:3.2808695733547%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg 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: 109.81kcal (5.49%), Fat: 5.97g (9.19%), Saturated Fat: 2g (12.52%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 12.19g (4.43%), Sugar: 9.96g (11.07%), Cholesterol: 5.62mg (1.87%), Sodium: 56.85mg (2.47%), Alcohol: 0.06g (100%), Alcohol %: 0.27% (100%), Protein: 2.54g (5.09%), Manganese: 0.25mg (12.71%), Copper: 0.15mg (7.6%), Phosphorus: 74.01mg (7.4%), Calcium: 56.57mg (5.66%), Magnesium: 21.25mg (5.31%), Vitamin B2: 0.09mg (5.09%), Selenium: 2.86µg (4.09%), Iron: 0.72mg (3.99%), Zinc: 0.59mg (3.94%), Fiber: 0.81g (3.26%), Potassium: 107.34mg (3.07%), Vitamin B1: 0.04mg (2.78%), Folate: 8.52µg (2.13%), Vitamin B6: 0.04mg (1.84%),

Vitamin B5: 0.15mg (1.54%), Vitamin B3: 0.25mg (1.25%), Vitamin B12: 0.07µg (1.21%)