



Super Duper Chocolate Cookies

 Dairy Free

READY IN



215 min.

SERVINGS



48

CALORIES



103 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.8 cup confectioners' sugar
- 4 eggs
- 2 cups flour all-purpose
- 0.1 teaspoon salt
- 4 ounce chocolate unsweetened
- 2 teaspoons vanilla extract
- 0.5 cup vegetable shortening

- 0.5 cup walnuts chopped
- 2 cups sugar white

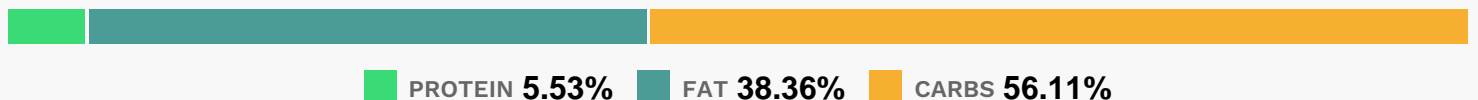
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- wire rack

Directions

- Melt the chocolate and shortening in a saucepan over low heat.
- Remove from heat and mix in sugar and vanilla. Beat in eggs 1 at a time. In a bowl, sift together flour, baking powder and salt. Stir in the chocolate mixture and nuts. Chill dough in the refrigerator 3 hours or overnight.
- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- Place confectioners' sugar in a bowl.
- Roll dough into 1 inch balls.
- Roll dough balls in confectioners' sugar to coat. Arrange 3 inches apart on the prepared cookie sheets.
- Bake 12 to 15 minutes in the preheated oven. The cookies will look soft when removed from the oven.
- Transfer to a wire rack to cool. Enjoy!

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:8.75, Inflammation Score:-1, Nutrition Score:2.331739116784%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 102.83kcal (5.14%), Fat: 4.59g (7.07%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 14.5g (5.27%), Sugar: 10.25g (11.39%), Cholesterol: 13.64mg (4.55%), Sodium: 29.85mg (1.3%), Alcohol: 0.06g (100%), Alcohol %: 0.29% (100%), Protein: 1.49g (2.98%), Manganese: 0.18mg (8.87%), Copper: 0.11mg (5.34%), Selenium: 3.2µg (4.58%), Iron: 0.78mg (4.32%), Vitamin B1: 0.05mg (3.36%), Folate: 13.11µg (3.28%), Phosphorus: 30.21mg (3.02%), Vitamin B2: 0.05mg (2.87%), Magnesium: 11.3mg (2.83%), Fiber: 0.61g (2.46%), Zinc: 0.35mg (2.33%), Vitamin B3: 0.36mg (1.78%), Calcium: 16.35mg (1.64%), Vitamin K: 1.42µg (1.36%), Vitamin E: 0.19mg (1.27%), Vitamin B5: 0.1mg (1.05%), Potassium: 36.1mg (1.03%)