



The Great Triple Chocolate Cookie Challenge

READY IN



60 min.

SERVINGS



24

CALORIES



222 kcal

DESSERT

Ingredients

- ☐ 1 tsp bicarbonate of soda
- ☐ 225 g butter softened
- ☐ 65 g cocoa powder
- ☐ 50 g chocolate chips dark
- ☐ 100 g muscovado sugar
- ☐ 2 large eggs
- ☐ 50 g milk chocolate chips
- ☐ 325 g flour plain
- ☐ 1 pinch salt

- ☐ 200 g caster sugar
- ☐ 2 tsp vanilla extract
- ☐ 100 g chocolate chips white

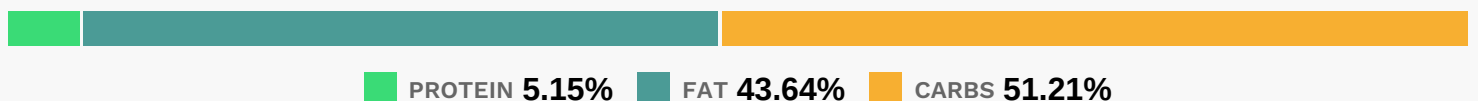
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 190c/170c fan/375f/gas mark
- ☐ Mix together the flour, bicarbonate of soda, salt and cocoa powder
- ☐ In a large bowl beat the butter with the sugar until soft and creamy. I used an electric whisk, but if you are feeling energetic you could use a wooden spoon. Next add the vanilla, then the eggs, one at a time, beating well between each addition.
- ☐ Spoon in some of the flour and fold in. Keep doing this until all of the flour has been added, then fold in the chocolate chips.
- ☐ Pop the cookie dough in the fridge for 10 minutes and line a tray with greaseproof paper.
- ☐ Roll balls of dough, about the size of a golf ball and pop on your tray, leaving plenty of room between them. Press down a little and stud with chocolate chips. You will have to bake the cookies in several batches.
- ☐ Bake for 8–10 minutes. You will know when they are ready as large cracks will appear. The will still be quite soft, but will crisp up as they cool and remain soft in the centre.

Nutrition Facts



Properties

Glycemic Index:11.05, Glycemic Load:15.02, Inflammation Score:-3, Nutrition Score:4.24782610879%

Flavonoids

Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 221.69kcal (11.08%), Fat: 11.12g (17.1%), Saturated Fat: 6.97g (43.58%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 27.89g (10.14%), Sugar: 16.87g (18.74%), Cholesterol: 36.55mg (12.18%), Sodium: 128.35mg (5.58%), Alcohol: 0.12g (100%), Alcohol %: 0.3% (100%), Caffeine: 6.23mg (2.08%), Protein: 2.95g (5.91%), Manganese: 0.2mg (10.22%), Selenium: 6.75µg (9.64%), Vitamin B1: 0.12mg (7.69%), Folate: 28.66µg (7.16%), Copper: 0.13mg (6.71%), Vitamin B2: 0.11mg (6.65%), Iron: 1.15mg (6.39%), Fiber: 1.46g (5.82%), Phosphorus: 55.15mg (5.52%), Vitamin A: 258.24IU (5.16%), Magnesium: 18.85mg (4.71%), Vitamin B3: 0.92mg (4.62%), Zinc: 0.45mg (2.99%), Calcium: 29.75mg (2.98%), Potassium: 100.94mg (2.88%), Vitamin E: 0.34mg (2.3%), Vitamin B5: 0.19mg (1.87%), Vitamin B12: 0.08µg (1.37%), Vitamin K: 1.32µg (1.25%), Vitamin B6: 0.02mg (1.17%)