



Three Ingredient Nutella Cookies



Vegetarian



Dairy Free



Popular

READY IN



13 min.

SERVINGS



10

CALORIES



213 kcal

Ingredients



1 eggs



1 cup flour



1 cup nutella

Equipment



baking sheet

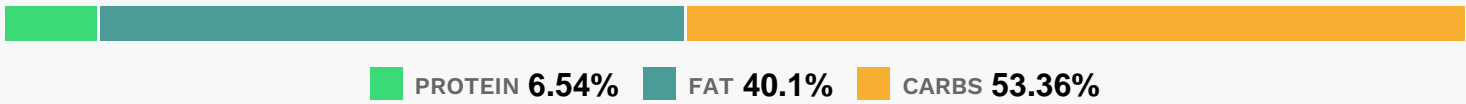


oven

Directions

- ☐ Preheat oven to 350 F.
- ☐ Mix all ingredients with a large spoon until a dough batter forms. The batter may be slightly crumbly, but should come together for the most part. . Form into 1 inch balls.
- ☐ Place on a cookie sheet. Press the balls down with the palm of your hand until they are round and flat. I smoothed out the edges of the cookies after flattening them. Space them about 1 inch apart.
- ☐ Bake for 7–8 minutes for the cookies to set.

Nutrition Facts



Properties

Glycemic Index:10.43, Glycemic Load:11.92, Inflammation Score:-2, Nutrition Score:5.3421738769697%

Nutrients (% of daily need)

Calories: 213.49kcal (10.67%), Fat: 9.45g (14.54%), Saturated Fat: 8.68g (54.23%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 26.33g (9.58%), Sugar: 16.25g (18.06%), Cholesterol: 16.37mg (5.46%), Sodium: 18.8mg (0.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Manganese: 0.35mg (17.34%), Iron: 1.97mg (10.95%), Vitamin E: 1.54mg (10.28%), Selenium: 6.67µg (9.53%), Vitamin B1: 0.13mg (8.36%), Copper: 0.16mg (8.09%), Fiber: 1.96g (7.83%), Vitamin B2: 0.13mg (7.82%), Folate: 29.14µg (7.29%), Phosphorus: 67.81mg (6.78%), Magnesium: 22.48mg (5.62%), Vitamin B3: 0.87mg (4.35%), Potassium: 141.55mg (4.04%), Calcium: 36.74mg (3.67%), Zinc: 0.46mg (3.08%), Vitamin B5: 0.23mg (2.29%), Vitamin B12: 0.12µg (2%), Vitamin B6: 0.04mg (1.88%)