



Triple Chocolate Cherry M&M Cookies

 Popular

READY IN



25 min.

SERVINGS



48

CALORIES



138 kcal

DESSERT

Ingredients

- ☐ 1 tsp baking soda
- ☐ 0.8 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 0.8 bag cherries
- ☐ 1.3 cups chocolate chips dark (appx)
- ☐ 1.3 cups bittersweet chocolate sweet (appx)
- ☐ 2 eggs
- ☐ 2 cups flour

- ☐ 0.8 cup granulated sugar
- ☐ 0.8 tsp salt
- ☐ 0.8 cup cocoa powder unsweetened (I used Ghirardelli)
- ☐ 1 tsp vanilla
- ☐ 0.5 cup shortening

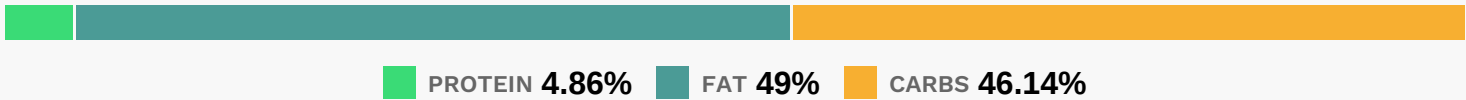
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350°F In a medium bowl, combine the flour, cocoa powder, baking soda, and salt and set aside. In a large bowl using a hand or stand mixer, cream together butter and shortening.
- ☐ Add sugars, eggs and vanilla and beat on medium high for a full three minutes.
- ☐ Combine dry ingredients with butter mixture until well incorporated. Fold in chocolate chunks, chips and M&M's. Using a small cookie scoop, or large spoon, scoop the dough onto ungreased (or parchment lined) cookie sheet.
- ☐ Bake for 9-10 minutes. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Makes about 4 dozen cookies.

Nutrition Facts



Properties

Glycemic Index:4.52, Glycemic Load:5.06, Inflammation Score:-1, Nutrition Score:2.7917391378433%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 137.53kcal (6.88%), Fat: 7.69g (11.83%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 15.11g (5.5%), Sugar: 9.78g (10.87%), Cholesterol: 12.22mg (4.07%), Sodium: 87.31mg (3.8%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Caffeine: 7.01mg (2.34%), Protein: 1.72g (3.44%), Manganese: 0.16mg (7.86%), Copper: 0.13mg (6.36%), Fiber: 1.18g (4.72%), Iron: 0.84mg (4.65%), Selenium: 3.23µg (4.62%), Magnesium: 18.15mg (4.54%), Phosphorus: 37.59mg (3.76%), Vitamin B1: 0.05mg (3.29%), Folate: 11.91µg (2.98%), Zinc: 0.44mg (2.94%), Vitamin B2: 0.05mg (2.91%), Potassium: 89.41mg (2.55%), Calcium: 24.06mg (2.41%), Vitamin B3: 0.43mg (2.15%), Vitamin E: 0.31mg (2.07%), Vitamin K: 2.05µg (1.95%), Vitamin A: 71.75IU (1.43%), Vitamin B5: 0.12mg (1.25%)