



## Triple-Chocolate Chunk Cookies

READY IN



100 min.

SERVINGS



36

CALORIES



174 kcal

DESSERT

### Ingredients

- 3 ounces chocolate white
- 3 ounces baker's chocolate
- 3 ounces baker's chocolate sweet
- 1 teaspoon baking soda
- 1.5 cups brown sugar packed
- 1 cup butter softened
- 1 eggs
- 2.3 cups flour all-purpose gold medal®
- 1 cup nuts chopped

- 0.5 teaspoon salt
- 3 teaspoons shortening

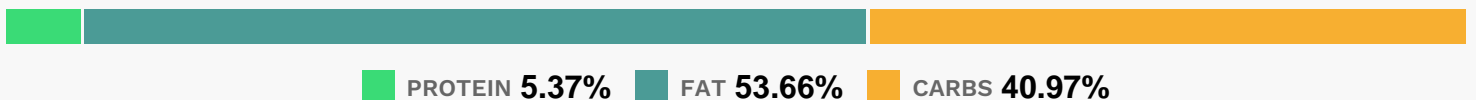
## Equipment

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

## Directions

- Heat oven to 375°F. In large bowl, beat brown sugar, butter and egg with electric mixer on medium speed, or mix with spoon. Stir in flour, baking soda and salt (dough will be soft). Stir in nuts, 4 ounces bittersweet chocolate, 4 ounces sweet chocolate and 4 ounces white chocolate. Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.
- Bake cookies 8 to 10 minutes or until light golden brown. Cool 1 to 2 minutes; remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- In small saucepan, heat 1 teaspoon shortening and 3 ounces bittersweet chocolate over low heat, stirring constantly, until chocolate is melted and smooth; remove from heat. Repeat with 1 teaspoon shortening and 3 ounces sweet chocolate; repeat with 1 teaspoon shortening and 3 ounces white chocolate.
- Dip 1/2-inch edge of each cookie into each glaze, allowing each glaze to completely set before dipping into next glaze and rotating dipped edge of cookie for each type of glaze.
- Place cookies on waxed paper to allow glazes to set.

## Nutrition Facts



## Properties

Glycemic Index:4.85, Glycemic Load:5.48, Inflammation Score:-3, Nutrition Score:4.1982608652957%

## Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

## Nutrients (% of daily need)

Calories: 174.15kcal (8.71%), Fat: 10.97g (16.87%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 17.48g (6.36%), Sugar: 10.35g (11.5%), Cholesterol: 5.04mg (1.68%), Sodium: 130.37mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.78mg (1.26%), Protein: 2.47g (4.94%), Manganese: 0.33mg (16.71%), Copper: 0.22mg (11.09%), Iron: 1.43mg (7.92%), Magnesium: 27.61mg (6.9%), Fiber: 1.36g (5.44%), Phosphorus: 53.13mg (5.31%), Vitamin B1: 0.08mg (5.26%), Selenium: 3.62µg (5.18%), Vitamin A: 233.46IU (4.67%), Zinc: 0.7mg (4.65%), Folate: 18.51µg (4.63%), Vitamin B2: 0.07mg (3.88%), Vitamin B3: 0.74mg (3.72%), Potassium: 94.75mg (2.71%), Calcium: 23.65mg (2.37%), Vitamin E: 0.28mg (1.87%), Vitamin B5: 0.14mg (1.44%), Vitamin B6: 0.02mg (1.21%)