



WHATSheATE



Triple Chocolate Cookies



Vegetarian

READY IN



47 min.

SERVINGS



24

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup brown sugar dark
- ☐ 2 ounces chocolate dark coarsely chopped
- ☐ 1 eggs
- ☐ 0.3 cup granulated sugar
- ☐ 2 ounces chocolate coarsely chopped

- ☐ 0.7 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened not Dutch processed
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup pastry flour whole-wheat

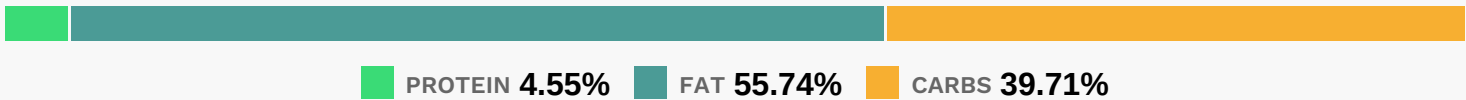
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a large bowl, mash together the butter and sugars with a fork until well combined.
- ☐ Add the oil and egg and beat until creamy.
- ☐ Mix in the vanilla.
- ☐ In a medium bowl, whisk together the flours, cocoa powder, and salt.
- ☐ Add the dry ingredients to the wet ingredients and mix well. Stir in the dark chocolate, milk chocolate, and the pecans and mix well. Using a tablespoon, scoop the batter onto an ungreased cookie sheet.
- ☐ Bake for 12 minutes.
- ☐ Transfer cookies to a cooling rack to cool.

Nutrition Facts



Properties

Glycemic Index:11.28, Glycemic Load:3.65, Inflammation Score:-2, Nutrition Score:3.2930434615068%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 133.17kcal (6.66%), Fat: 8.64g (13.29%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 12.5g (4.54%), Sugar: 8.49g (9.43%), Cholesterol: 11.97mg (3.99%), Sodium: 44.49mg (1.93%), Alcohol: 0.06g (100%), Alcohol %: 0.27% (100%), Caffeine: 5.51mg (1.84%), Protein: 1.59g (3.17%), Manganese: 0.35mg (17.59%), Copper: 0.14mg (7.17%), Fiber: 1.35g (5.39%), Magnesium: 20.89mg (5.22%), Selenium: 3.55µg (5.07%), Iron: 0.82mg (4.58%), Phosphorus: 41.84mg (4.18%), Vitamin E: 0.57mg (3.77%), Vitamin B1: 0.06mg (3.72%), Zinc: 0.42mg (2.82%), Vitamin B2: 0.04mg (2.37%), Vitamin K: 2.34µg (2.23%), Potassium: 71.12mg (2.03%), Folate: 7.87µg (1.97%), Vitamin B3: 0.38mg (1.91%), Vitamin A: 71.83IU (1.44%), Vitamin B6: 0.03mg (1.29%), Calcium: 12.25mg (1.23%), Vitamin B5: 0.1mg (1.03%)