



## Triple Threat Chocolate Chip Cookies

READY IN



49 min.

SERVINGS



24

CALORIES



382 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 7 ounces bittersweet chocolate coarsely chopped
- 6 large eggs
- 0.8 cup flour all-purpose
- 2.5 cups pecans chopped
- 1 teaspoon salt
- 1.5 cups semi chocolate chips
- 2.8 cups sugar
- 1 stick butter unsalted

- 6 ounces chocolate unsweetened coarsely chopped
- 1.5 teaspoons vanilla extract

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- blender
- double boiler
- hand mixer
- ice cream scoop

## Directions

- Preheat the oven to 350 degrees F. Line cookie sheets with parchment paper.
- Sift the flour, baking powder and salt into a bowl and set aside.
- Melt the unsweetened chocolate, chopped bittersweet chocolate and the butter in a double boiler over low heat, stirring constantly.
- With a hand mixer beat together the eggs, sugar and vanilla on medium-high speed until light in texture and thick, 3 to 4 minutes.
- Add the chocolate mixture and blend thoroughly.
- Turn the mixer on low speed, mix in the dry ingredients until just combined.
- Mix in the pecans and chocolate chips until blended.
- Fill a 1/4 cup ice cream scoop with dough, level it, and drop the dough onto a prepared cookie sheet, leaving 3 inches between the cookies.
- Bake the cookies until they are cracked on top, about 14 minutes. Cool on wire racks

## Nutrition Facts

**PROTEIN 5.16%** **FAT 54.95%** **CARBS 39.89%**

## Properties

Glycemic Index:10.3, Glycemic Load:18.33, Inflammation Score:-4, Nutrition Score:10.245217236488%

## Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg Catechin: 5.38mg, Catechin: 5.38mg, Catechin: 5.38mg, Catechin: 5.38mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 10.15mg, Epicatechin: 10.15mg, Epicatechin: 10.15mg, Epicatechin: 10.15mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg

## Nutrients (% of daily need)

Calories: 382.04kcal (19.1%), Fat: 24.48g (37.66%), Saturated Fat: 10.11g (63.19%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 36.06g (13.11%), Sugar: 30.64g (34.05%), Cholesterol: 57.79mg (19.26%), Sodium: 172.15mg (7.48%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 22.46mg (7.49%), Protein: 5.17g (10.34%), Manganese: 1.1mg (54.85%), Copper: 0.63mg (31.31%), Magnesium: 73.89mg (18.47%), Iron: 3.22mg (17.9%), Fiber: 3.93g (15.74%), Phosphorus: 151.62mg (15.16%), Zinc: 1.91mg (12.73%), Selenium: 7.99µg (11.42%), Vitamin B1: 0.13mg (8.5%), Potassium: 239.56mg (6.84%), Vitamin B2: 0.11mg (6.71%), Calcium: 65.62mg (6.56%), Folate: 17.65µg (4.41%), Vitamin A: 201.28IU (4.03%), Vitamin B5: 0.38mg (3.82%), Vitamin E: 0.55mg (3.64%), Vitamin B3: 0.64mg (3.18%), Vitamin B6: 0.06mg (2.78%), Vitamin K: 2.87µg (2.73%), Vitamin B12: 0.15µg (2.57%), Vitamin D: 0.32µg (2.14%)