



White Chocolate and Wax Worm Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



138 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup firmly brown sugar packed
- 0.8 cup butter softened
- 1 large eggs
- 1.7 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

- 0.8 cup wax worms frozen thawed (375)
- 2 cups chocolate chunks white

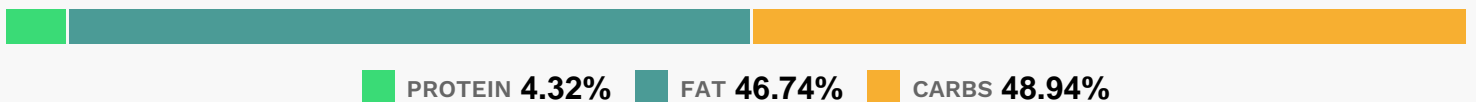
Equipment

- baking sheet
- oven
- mixing bowl
- wire rack

Directions

- Preheat the oven to 375°F.
- In a small bowl, combine the flour, baking powder, baking soda, and salt. In a large mixing bowl, beat together the butter, brown and granulated sugars, and vanilla extract until creamy.
- Stir the egg into the butter mixture, then gradually beat in the flour mixture. Stir in the white chocolate chunks and half of the wax worms, reserving the rest for garnishing the cookies.
- Drop the batter by rounded teaspoonful onto nonstick baking sheets.
- Gently press 2 or 3 of the remaining wax worms into the top of each cookie.
- Bake until the edges of each cookie are lightly browned, 8 to 12 minutes.
- Let cookies cool on the baking sheets for 2 minutes, then transfer them to a wire rack to cool completely.
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Nutrition Facts



Properties

Glycemic Index:10.59, Glycemic Load:8.71, Inflammation Score:-1, Nutrition Score:1.9408695516379%

Nutrients (% of daily need)

Calories: 137.54kcal (6.88%), Fat: 7.25g (11.15%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 16.83g (6.12%), Sugar: 12.23g (13.59%), Cholesterol: 17.43mg (5.81%), Sodium: 99.44mg (4.32%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.51g (3.02%), Folate: 17.06µg (4.26%), Selenium: 2.95µg (4.22%), Vitamin B2: 0.07mg (3.84%), Vitamin B1: 0.05mg (3.5%), Calcium: 33.65mg (3.37%), Phosphorus: 31.62mg (3.16%), Vitamin A: 128.68IU (2.57%), Iron: 0.41mg (2.31%), Manganese: 0.04mg (2.2%), Vitamin B3: 0.42mg (2.12%), Potassium: 54.47mg (1.56%), Vitamin E: 0.22mg (1.49%), Vitamin C: 1.09mg (1.32%), Vitamin B12: 0.08µg (1.27%), Vitamin K: 1.26µg (1.2%), Vitamin B5: 0.12mg (1.19%), Magnesium: 4.51mg (1.13%), Copper: 0.02mg (1.06%), Zinc: 0.16mg (1.05%)