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Nutrition 205 Lab Section 2

December 1, 2010

Recipe Modification Assignment

**Ingredients: Modified Recipe**

* 1 ½ tablespoons butter
* 2 ounces bittersweet chocolate
* 2 ounces unsweetened chocolate
* 1 tablespoon instant decaf-coffee granules
* 1 tablespoon hot water
* 1 teaspoon vanilla extract
* 1 ½ cups all-purpose flour
* ½ cup unsweetened cocoa
* 2 teaspoons baking powder
* 1/8 teaspoon salt
* 2 ½ cups cane sugar
* 2 egg whites
* 2 large eggs
* ½ cup chopped walnuts
* ¼ cup semisweet chocolate mini chips

**Ingredients: Original Recipe**

* ½ cup butter
* 6 ounces bittersweet chocolate
* 7 ounces unsweetened chocolate
* 1 tablespoon instant coffee granules
* 1 tablespoon hot water
* 1 teaspoon vanilla extract
* 1 ½ cups all-purpose flour
* 2 teaspoons baking powder
* 1/8 teaspoon salt
* 2 ½ cups white sugar
* 7 large eggs
* 2 cups walnuts
* 1 ½ cups of semisweet chocolate chips

Review

I cut the original recipe's seven ounces of unsweetened chocolate and six ounces of bittersweet chocolate to two ounces of each, which decreased the calories. To make up for the chocolate flavor, I added a half-cup of fat-free unsweetened cocoa. And instead of the original's 1 ½ cups of semisweet chocolate chips, I used ¼ cup of semisweet chocolate mini chips to cut back on calories. Using only 1 ½ tablespoons of butter saved calories and fat. I also replaced the original's seven eggs with two eggs and two egg whites to decrease the cholesterol. I used ½ cup of walnuts instead of the two cups called for in the original recipe. Next time, I would use 1 cup of Walnuts because there was not enough in each cookie. Cutting back on the amount decreased calories and fat. The flavor of the cookies turned out really good because of the cocoa. However they were a little hard, because I did not whip the egg and sugar separately before mixing with the flour.

Nutrient Analysis per cookie: Modified

Calories: 142 Fat: 4.7g (sat 2g) Protein: 2.5g Carbohydrate: 25.2g Fiber: 1.3g Cholesterol: 16mg Sodium: 59mg

Nutrient Analysis per cookie: Original

Calories: 264 Fat: 16g (sat 6g) Protein: 6g

Carbohydrate: 31.7g Fiber: 2.8g Cholesterol: 53mg Sodium: 67mg