



A Popular Chocolate Chip Cookie

READY IN



28 min.

SERVINGS



16

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 120 grams very firmly brown sugar light packed
- ☐ 1 large eggs
- ☐ 175 grams flour all-purpose
- ☐ 100 grams granulated sugar
- ☐ 0.8 cups pecans toasted chopped
- ☐ 1.3 cups semi chocolate chips
- ☐ 115 grams butter unsalted cold (1 stick)
- ☐ 1 teaspoon vanilla extract

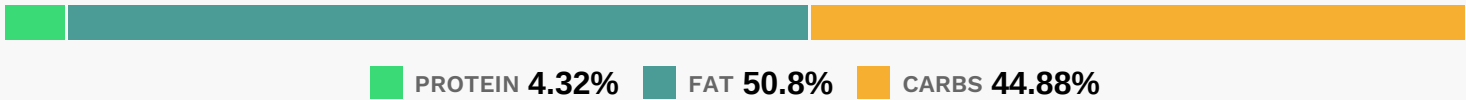
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Adjust the oven rack to the top third of the oven and preheat to 300F (150C).Cream cold, cut up butter and sugar with an electric mixer. When smooth, beat in the egg, vanilla, baking soda and salt. Scrape sides of bowl and make sure salt & soda are well distributed, then add the flour and stir by hand until it has almost disappeared.
- ☐ Add the chocolate chips and toasted nuts and stir until mixed in.Shape the dough into 2 inch balls and place about 3 to 4 inches apart on parchment lined cookie sheets. Press tops down slightly.
- ☐ Bake for 18 minutes** or until cookies are a golden brown.
- ☐ Remove from the oven and cool on a wire rack.Makes about 16 big cookies**Mine took almost 22 minutes.

Nutrition Facts



Properties

Glycemic Index:9.69, Glycemic Load:10.42, Inflammation Score:-3, Nutrition Score:5.5713043807317%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 268.01kcal (13.4%), Fat: 15.34g (23.6%), Saturated Fat: 7.4g (46.24%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 28.55g (10.38%), Sugar: 19.28g (21.42%), Cholesterol: 27.98mg (9.33%), Sodium: 43.33mg (1.88%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Caffeine: 12.9mg (4.3%), Protein: 2.94g (5.87%), Manganese: 0.49mg (24.45%), Copper: 0.27mg (13.31%), Iron: 1.69mg (9.37%), Selenium: 6.3µg (9%), Magnesium: 35.65mg (8.91%), Vitamin B1: 0.12mg (8.19%), Fiber: 1.94g (7.76%), Phosphorus: 71.89mg (7.19%), Folate: 22.8µg (5.7%), Vitamin B2: 0.09mg (5.03%), Zinc: 0.73mg (4.89%), Vitamin B3: 0.84mg (4.2%), Vitamin A: 206.59IU (4.13%), Potassium: 132.29mg (3.78%), Vitamin E: 0.36mg (2.4%), Calcium: 23.98mg (2.4%), Vitamin B5: 0.2mg (1.99%), Vitamin K: 1.79µg (1.7%), Vitamin B6: 0.03mg (1.42%), Vitamin D: 0.17µg (1.14%), Vitamin B12: 0.07µg (1.12%)