



A to Z Everything-but-the-Kitchen-Sink Chocolate Chip Cookies

READY IN



70 min.

SERVINGS



60

CALORIES



144 kcal

DESSERT

Ingredients

- 1.3 teaspoons baking soda
- 1.5 cups brown sugar packed
- 1 cup butter softened
- 0.5 cup coconut or flaked
- 1 cup cornflakes cereal crumbled
- 2 eggs
- 1.5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon

- 0.1 teaspoon ground cloves
- 0.5 teaspoon mace
- 0.1 teaspoon ground nutmeg
- 1 tablespoon milk
- 3 cups rolled oats
- 1 teaspoon salt
- 2 cups semi chocolate chips
- 1.5 teaspoons vanilla extract
- 1 cup walnuts chopped
- 1 cup sugar white

Equipment

- bowl
- baking sheet
- oven
- wire rack
- wooden spoon

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets. Sift together flour, baking soda, salt, cinnamon, mace, nutmeg, and cloves; set aside.
- In a large bowl, cream together butter, brown sugar, and white sugar until smooth. Beat in the eggs one at a time, then stir in milk and vanilla. Gradually mix in the sifted ingredients until well blended. Using a wooden spoon, stir in the cornflakes, oats, coconut, chocolate chips, and walnuts.
- Roll the dough into walnut sized balls, and place 2 inches apart on prepared cookie sheets; flatten slightly.
- Bake for 8 to 10 minutes in preheated oven. Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely. I found that slightly under baking these yields wonderfully chewy cookies!

Nutrition Facts

PROTEIN 5.01% FAT 46.27% CARBS 48.72%

Properties

Glycemic Index:6.13, Glycemic Load:5.02, Inflammation Score:-2, Nutrition Score:3.3547826597224%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 144.21kcal (7.21%), Fat: 7.56g (11.63%), Saturated Fat: 3.9g (24.35%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 16.64g (6.05%), Sugar: 11.09g (12.33%), Cholesterol: 13.98mg (4.66%), Sodium: 94.28mg (4.1%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Caffeine: 5.16mg (1.72%), Protein: 1.84g (3.68%), Manganese: 0.35mg (17.54%), Copper: 0.14mg (6.87%), Iron: 0.99mg (5.48%), Magnesium: 21.61mg (5.4%), Selenium: 3.58µg (5.12%), Fiber: 1.27g (5.07%), Phosphorus: 48.63mg (4.86%), Vitamin B1: 0.06mg (3.96%), Zinc: 0.43mg (2.9%), Folate: 11.53µg (2.88%), Vitamin B2: 0.04mg (2.62%), Vitamin A: 114.89IU (2.3%), Potassium: 76.46mg (2.18%), Vitamin B3: 0.4mg (2%), Vitamin B6: 0.03mg (1.68%), Calcium: 15.66mg (1.57%), Vitamin B5: 0.13mg (1.3%), Vitamin E: 0.18mg (1.18%)