



All That and More Chocolate Chip Cookies

READY IN



30 min.

SERVINGS



48

CALORIES



163 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 cup flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 cup brown sugar light packed
- ☐ 2 cup semi-sweet chocolate chips
- ☐ 1 cup sugar
- ☐ 1 cup butter unsalted at room temperature (2 sticks)
- ☐ 2 teaspoon vanilla

☐ 1 cup walnut pieces crushed

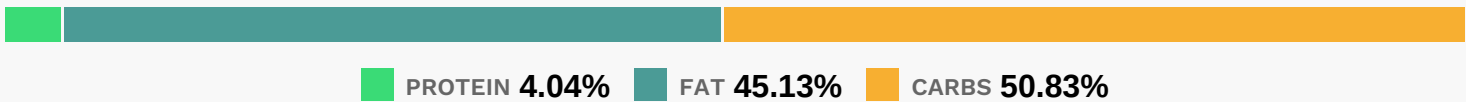
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat oven to 360 degrees. Using an electric mixer, cream butter, sugar, and brown sugar. Be sure and beat it well for at least 5 minutes until the texture of the butter and sugar turns to light and fluffy. No shortcuts. With the mixer on low add eggs, one at a time and vanilla. Then raise the speed and beat for an additional 2 minutes. Lower the speed again and add baking soda, baking powder, salt, and flour until cookie batter is fully incorporated. Do not over-mix, keep the machine on low. Working by hand at this point add chocolate chips and walnut pieces if using, and stir until well distributed. The cookie batter should be somewhat thick, holding it's shape easily. Using a medium-sized cookie scoop drop the batter onto a baking sheet lined with parchment paper. Allow about 2 inches between each cookie.
- ☐ Bake for 12-14 minutes until the edges are nice and golden brown.
- ☐ Remove from heat and allow the cookies to stay on the cookie sheet for an additional 2 minutes. Next pick up the parchment paper with the cookies still on top and transfer to a cool surface. Once they are "set" move them to a wire rack to cool completely, or eat them warm now.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:7.28, Inflammation Score:-2, Nutrition Score:3.0565217386769%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 163.2kcal (8.16%), Fat: 8.31g (12.78%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 20.1g (7.31%), Sugar: 13.61g (15.12%), Cholesterol: 10.61mg (3.54%), Sodium: 83.52mg (3.63%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Caffeine: 6.27mg (2.09%), Protein: 1.67g (3.34%), Manganese: 0.24mg (11.92%), Copper: 0.15mg (7.27%), Iron: 0.96mg (5.31%), Selenium: 3.54µg (5.05%), Vitamin B1: 0.07mg (4.82%), Magnesium: 19.16mg (4.79%), Folate: 16.9µg (4.22%), Phosphorus: 39.08mg (3.91%), Fiber: 0.96g (3.83%), Vitamin B2: 0.05mg (2.85%), Vitamin B3: 0.56mg (2.8%), Vitamin A: 122.32IU (2.45%), Zinc: 0.33mg (2.2%), Potassium: 71.09mg (2.03%), Calcium: 19.91mg (1.99%), Vitamin E: 0.17mg (1.16%), Vitamin B6: 0.02mg (1.1%)