



## Apricot Chip Cookies

READY IN



30 min.

SERVINGS



18

CALORIES



168 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.3 cup butter softened
- 0.7 cup apricot dried chopped
- 1 eggs
- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.5 cup semi chocolate chips
- 0.3 cup shortening

- 0.3 cup sugar
- 0.5 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped

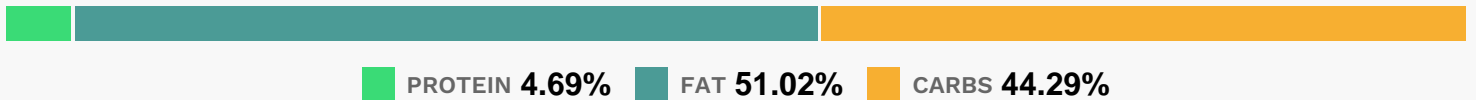
## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a large bowl, cream the butter, shortening and sugars until light and fluffy. Beat in egg and vanilla.
- Combine the flour, salt and baking soda; gradually add to the creamed mixture and mix well. Stir in the apricots, chocolate chips and walnuts.
- Drop by tablespoonfuls 2-in. apart onto ungreased baking sheets.
- Bake at 375° for 8-10 minutes or until golden brown.
- Remove to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:13.81, Glycemic Load:7.36, Inflammation Score:-3, Nutrition Score:3.5391304110703%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

## Nutrients (% of daily need)

Calories: 168.42kcal (8.42%), Fat: 9.78g (15.04%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 17.94g (6.52%), Sugar: 12.18g (13.54%), Cholesterol: 16.17mg (5.39%), Sodium: 121.23mg (5.27%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Caffeine: 4.3mg (1.43%), Protein: 2.02g (4.04%), Manganese: 0.24mg (11.99%), Copper: 0.14mg (7.23%), Selenium: 3.89µg (5.56%), Vitamin A: 268.66IU (5.37%), Iron: 0.94mg (5.21%), Vitamin B1: 0.07mg (4.64%), Fiber: 1.16g (4.63%), Magnesium: 17.74mg (4.44%), Folate: 17.66µg (4.41%),

Phosphorus: 40.93mg (4.09%), Vitamin E: 0.54mg (3.59%), Vitamin B2: 0.06mg (3.43%), Potassium: 115.77mg (3.31%), Vitamin B3: 0.62mg (3.11%), Vitamin K: 2.36µg (2.25%), Zinc: 0.34mg (2.24%), Vitamin B6: 0.04mg (1.75%), Calcium: 15.6mg (1.56%), Vitamin B5: 0.15mg (1.55%)