

Auntie's Chocolate Chip Cookies with Truvia® Baking Blend

READY IN

ready

26 min.

SERVINGS

servings

15

CALORIES

calories

162 kcal

DESSERT

Ingredients

- ☐ 0.3 cup baking blend truvia®
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 cup chocolate chips
- ☐ 1 large eggs
- ☐ 1.1 cups flour
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla

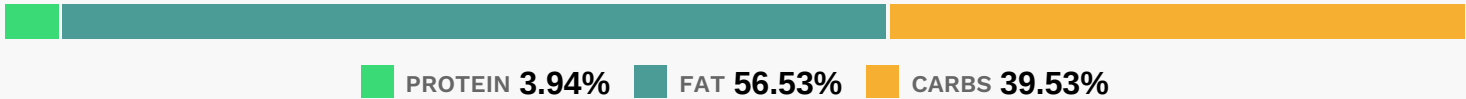
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Combine flour, salt and baking soda in a small bowl.
- ☐ Beat butter, Truvia® Baking Blend and vanilla (and optional molasses) in a separate large mixing bowl.
- ☐ Mix in egg.
- ☐ Gradually stir in flour mixture. Stir in chocolate chips.
- ☐ Drop rounded tablespoon on cookie sheets and press down to slightly flatten.
- ☐ Bake for 9 to 11 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:5.18, Inflammation Score:-2, Nutrition Score:2.2204347619706%

Nutrients (% of daily need)

Calories: 162.09kcal (8.1%), Fat: 10.28g (15.82%), Saturated Fat: 6.23g (38.94%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 15.89g (5.78%), Sugar: 7.15g (7.94%), Cholesterol: 28.71mg (9.57%), Sodium: 193.1mg (8.4%), Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Protein: 1.61g (3.23%), Selenium: 4.43µg (6.33%), Vitamin B1: 0.09mg (5.79%), Folate: 21.45µg (5.36%), Vitamin B2: 0.07mg (4.29%), Vitamin A: 207.17IU (4.14%), Manganese: 0.07mg (3.61%), Vitamin B3: 0.65mg (3.25%), Iron: 0.55mg (3.06%), Phosphorus: 30.25mg (3.02%), Calcium: 17.3mg (1.73%), Potassium: 54.21mg (1.55%), Vitamin E: 0.22mg (1.46%), Vitamin B5: 0.12mg (1.18%), Fiber: 0.3g (1.18%)