



Award-Winning Soft Chocolate Chip Cookies

READY IN



100 min.

SERVINGS



72

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 2 cups butter softened
- ☐ 4 eggs
- ☐ 4.5 cups flour all-purpose
- ☐ 6.8 ounce vanilla pudding mix instant
- ☐ 4 cups semi chocolate chips
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup sugar white

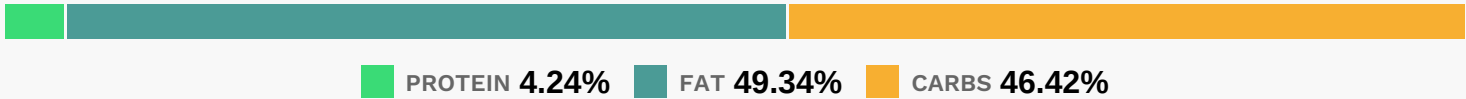
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Sift together the flour and baking soda, set aside.
- ☐ In a large bowl, cream together the butter, brown sugar, and white sugar. Beat in the instant pudding mix until blended. Stir in the eggs and vanilla. Blend in the flour mixture. Finally, stir in the chocolate chips and nuts. Drop cookies by rounded spoonfuls onto ungreased cookie sheets.
- ☐ Bake for 10 to 12 minutes in the preheated oven. Edges should be golden brown.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:5.28, Inflammation Score:-2, Nutrition Score:3.1173912973508%

Nutrients (% of daily need)

Calories: 168.28kcal (8.41%), Fat: 9.27g (14.26%), Saturated Fat: 5.54g (34.59%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 18.6g (6.76%), Sugar: 11.68g (12.97%), Cholesterol: 23.25mg (7.75%), Sodium: 93.88mg (4.08%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 8.6mg (2.87%), Protein: 1.79g (3.59%), Manganese: 0.19mg (9.5%), Copper: 0.14mg (7.04%), Selenium: 4.39µg (6.27%), Iron: 1.07mg (5.97%), Magnesium: 20.16mg (5.04%), Vitamin B1: 0.07mg (4.39%), Fiber: 1.03g (4.11%), Phosphorus: 41.03mg (4.1%), Folate: 15.68µg (3.92%), Vitamin A: 175.78IU (3.52%), Vitamin B2: 0.06mg (3.38%), Vitamin B3: 0.56mg (2.78%), Zinc: 0.36mg (2.39%), Potassium: 76.77mg (2.19%), Vitamin E: 0.24mg (1.57%), Calcium: 14.22mg (1.42%), Vitamin B5: 0.11mg (1.15%), Vitamin K: 1.19µg (1.14%)