

Banana Chip Cookies

READY IN



25 min.

SERVINGS



30

CALORIES



196 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 medium banana ripe mashed
- 2 eggs
- 4 cups flour all-purpose
- 0.3 cup honey
- 0.5 cup milk
- 1 teaspoon salt
- 1 cup semisweet chocolate chips miniature
- 0.8 cup shortening

1 cup sugar

Equipment

bowl

baking sheet

oven

Directions

In a large bowl, cream shortening and sugar until light and fluffy.

Add eggs, one at a time, beating well after each addition. Beat in milk, honey and banana.

Combine flour, baking powder and salt; gradually add to the creamed mixture and mix well. Stir in chocolate chips.

Drop by heaping teaspoonfuls 2 in. apart onto lightly greased baking sheets. Flatten with a glass dipped in sugar.

Bake at 350° for 10–12 minutes or until edges are lightly browned.

Remove to wire racks to cool.

Nutrition Facts



PROTEIN 5.58% **FAT 39.82%** **CARBS 54.6%**

Properties

Glycemic Index:12.74, Glycemic Load:15.64, Inflammation Score:-2, Nutrition Score:4.4100000365921%

Flavonoids

Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg

Nutrients (% of daily need)

Calories: 196.16kcal (9.81%), Fat: 8.75g (13.47%), Saturated Fat: 3.22g (20.1%), Carbohydrates: 27g (9%), Net Carbohydrates: 25.81g (9.39%), Sugar: 12.6g (14%), Cholesterol: 11.87mg (3.96%), Sodium: 113.04mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.78mg (2.26%), Protein: 2.76g (5.52%), Manganese: 0.23mg (11.63%), Selenium: 7.39µg (10.56%), Vitamin B1: 0.14mg (9.27%), Folate: 32.72µg (8.18%), Iron: 1.38mg (7.68%), Vitamin B2: 0.11mg (6.5%), Copper: 0.13mg (6.46%), Phosphorus: 55.24mg (5.52%), Vitamin B3: 1.09mg (5.43%), Magnesium: 19.58mg (4.89%), Fiber: 1.19g (4.76%), Vitamin K: 3.38µg (3.22%), Calcium: 30.24mg (3.02%), Vitamin E: 0.41mg (2.72%), Zinc: 0.39mg (2.62%), Potassium: 88.45mg (2.53%), Vitamin B5: 0.21mg (2.07%), Vitamin B6: 0.03mg

(1.63%), Vitamin B12: 0.06µg (1.04%)