



Banana Chocolate Chip Softies

READY IN



20 min.

SERVINGS



24

CALORIES



91 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 1 banana ripe mashed
- 0.3 cup butter softened
- 1 eggs
- 1.3 cups flour all-purpose
- 0.3 cup brown sugar light
- 0.8 cup milk chocolate chips
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

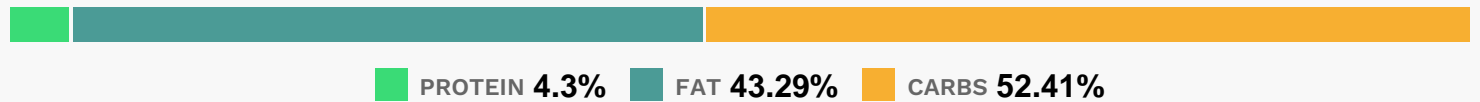
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets. Sift together the flour, baking powder and salt, set aside.
- In a medium bowl, cream together the butter and brown sugar. Beat in the banana and egg, then stir in the vanilla. Gradually stir in the dry ingredients until well blended. Fold in the chocolate chips and walnuts, if desired. Drop by rounded spoonfuls onto the prepared cookie sheets.
- Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:11.32, Glycemic Load:4.18, Inflammation Score:-1, Nutrition Score:1.5330434901559%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 90.7kcal (4.54%), Fat: 4.42g (6.8%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 11.73g (4.27%), Sugar: 6.08g (6.76%), Cholesterol: 13.6mg (4.53%), Sodium: 89.83mg (3.91%), Alcohol: 0.06g (100%), Alcohol %: 0.29% (100%), Protein: 0.99g (1.97%), Selenium: 2.88µg (4.11%), Vitamin B1: 0.05mg (3.57%), Folate: 13.88µg (3.47%), Manganese: 0.06mg (3.01%), Vitamin B2: 0.05mg (2.67%), Iron: 0.38mg (2.13%), Vitamin B3: 0.42mg (2.11%), Calcium: 18.77mg (1.88%), Vitamin A: 91.83IU (1.84%), Phosphorus: 16.25mg (1.63%), Potassium: 47.26mg (1.35%), Vitamin B6: 0.03mg (1.26%), Fiber: 0.3g (1.22%)