



Best Yet M&M Cookies

 Popular

READY IN



45 min.

SERVINGS



22

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 210 grams all purpose flour – spoon and sweep
- ☐ 1 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 144 grams granulated sugar
- ☐ 100 grams brown sugar light packed
- ☐ 0.8 cups m&ms plain
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup semi-sweet chocolate chips

- ☐ 96 grams shortening
- ☐ 114 grams butter unsalted
- ☐ 1.5 teaspoons vanilla extract

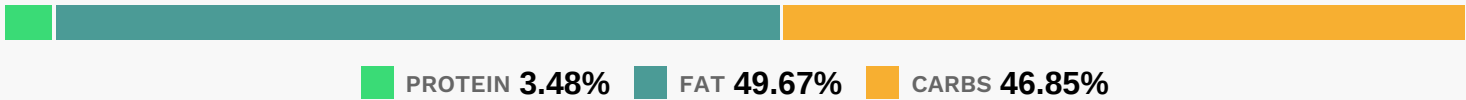
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Dough requires chilling, so don't preheat oven yet.
- ☐ Combine the cool butter and shortening in mixer. Beat until creamy.
- ☐ Add both sugars and continue beating on high for two minutes, scraping bowl. Beat in the vanilla and egg. Continue beating for another minute or until fluffy.Stir together the flour, salt and baking soda.
- ☐ Add this mixture to the sugar mixture and stir until mixed. Stir in the M&Ms and chocolate chips. Chill batter for about an hour.Preheat oven to 350 degrees F. Drop batter by rounded teaspoonfuls onto ungreased cookie sheets, spacing 3 inches apart and bake for 12-14 minutes.
- ☐ Let cool on cookie sheets for about 2 minutes, then transfer to wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:9.84, Inflammation Score:-2, Nutrition Score:2.5104347929035%

Nutrients (% of daily need)

Calories: 207.93kcal (10.4%), Fat: 11.57g (17.8%), Saturated Fat: 5.45g (34.05%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 23.9g (8.69%), Sugar: 16.42g (18.25%), Cholesterol: 20.82mg (6.94%), Sodium: 139.64mg (6.07%), Alcohol: 0.09g (100%), Alcohol %: 0.28% (100%), Protein: 1.82g (3.65%), Selenium: 4.3µg (6.15%), Manganese: 0.11mg (5.25%), Vitamin B1: 0.08mg (5.19%), Folate: 18.74µg (4.68%), Iron: 0.78mg (4.32%), Vitamin B2: 0.06mg (3.65%), Vitamin A: 158.98IU (3.18%), Vitamin B3: 0.6mg (2.98%), Vitamin E: 0.43mg (2.89%), Vitamin K: 2.91µg (2.77%), Fiber: 0.66g (2.65%), Copper: 0.05mg (2.61%), Phosphorus: 23.14mg (2.31%), Magnesium: 7.59mg (1.9%), Calcium: 17.78mg (1.78%), Vitamin B5: 0.13mg (1.26%), Zinc: 0.17mg (1.16%), Potassium: 36.22mg (1.03%)