



## Chewy Chocolate-Chip Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



81 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup plus
- ☐ 4 large egg whites at room temperature ()
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons butter light
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups semi chocolate chips

☐ 1 teaspoon vanilla extract

Equipment

☐ baking sheet

☐ oven

☐ knife

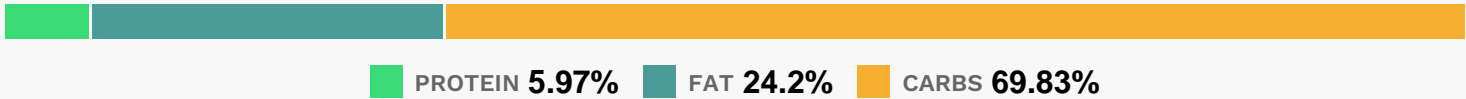
☐ blender

☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, baking soda, and salt. Beat brown sugar, butter, and vanilla extract at medium speed of a mixer until well-blended (about 5 minutes).
- ☐ Beat egg whites until foamy using clean, dry beaters. Gradually add granulated sugar, 1 tablespoon at a time; beat until soft peaks form.
- ☐ Add corn syrup; beat until stiff peaks form. Fold brown sugar mixture into egg white mixture.
- ☐ Add flour mixture; stir in chocolate chips.
- ☐ Drop by level tablespoons 1 inch apart onto baking sheets coated with cooking spray.
- ☐ Bake at 375 for 10 minutes or until golden.
- ☐ Remove from oven, and let stand 5 minutes.
- ☐ Remove cookies from pans, and cool on wire racks. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:5.03, Inflammation Score:-1, Nutrition Score:1.6765217272484%

Nutrients (% of daily need)

Calories: 80.83kcal (4.04%), Fat: 2.19g (3.37%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 13.69g (4.98%), Sugar: 9g (10%), Cholesterol: 0.9mg (0.3%), Sodium: 42.73mg (1.86%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Caffeine: 4.03mg (1.34%), Protein: 1.22g (2.43%), Manganese: 0.1mg (5.24%), Selenium: 3.01µg (4.29%), Copper: 0.07mg (3.47%), Iron: 0.6mg (3.35%), Vitamin B1: 0.05mg (3.27%), Folate: 10.87µg (2.72%), Vitamin B2: 0.04mg (2.6%), Magnesium: 10.21mg (2.55%), Fiber: 0.53g (2.13%), Vitamin B3: 0.39mg (1.96%), Phosphorus: 19.27mg (1.93%), Potassium: 42.51mg (1.21%), Zinc: 0.18mg (1.2%)