

Chewy Chocolate Cookies I

READY IN



55 min.

SERVINGS



48

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups butter softened
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 2 cups semi chocolate chips
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups sugar white

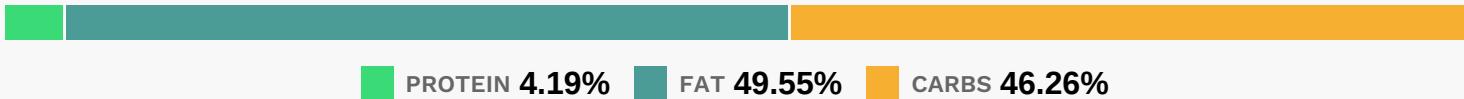
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Sift together the flour, cocoa, baking soda, and salt; stir into the creamed mixture.
- ☐ Mix in the chocolate chips. Drop dough by teaspoonfuls onto ungreased cookie sheets.
- ☐ Bake 8 to 9 minutes in the preheated oven. Cookies will be soft. Cool slightly on cookie sheet; remove from sheet onto wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:8.69, Inflammation Score:-2, Nutrition Score:2.8221738979868%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 143.02kcal (7.15%), Fat: 8.1g (12.47%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 15.78g (5.74%), Sugar: 11.14g (12.38%), Cholesterol: 19.98mg (6.66%), Sodium: 88.87mg (3.86%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Caffeine: 9.54mg (3.18%), Protein: 1.54g (3.08%), Manganese: 0.19mg (9.39%), Copper: 0.15mg (7.7%), Magnesium: 21.41mg (5.35%), Iron: 0.94mg (5.22%), Fiber: 1.24g (4.95%), Selenium: 3.26µg (4.66%), Phosphorus: 40.05mg (4%), Vitamin A: 161.38IU (3.23%), Vitamin B1: 0.05mg (3.03%), Folate: 11µg (2.75%), Vitamin B2: 0.04mg (2.63%), Zinc: 0.36mg (2.38%), Potassium: 72.89mg (2.08%), Vitamin B3:

0.4mg (2.02%), Vitamin E: 0.21mg (1.37%)