



Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



85 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 2 large egg whites
- ☐ 10 ounces flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract

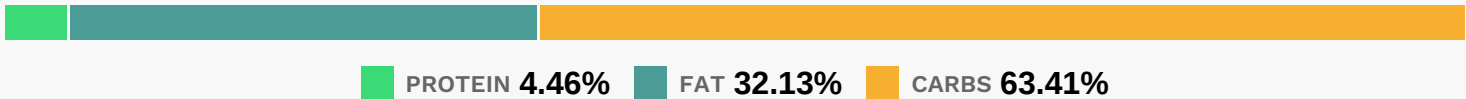
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt, stirring with a whisk.
- ☐ Combine sugars and butter in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add vanilla and egg whites; beat 1 minute.
- ☐ Add flour mixture and chips; beat until blended.
- ☐ Drop dough by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.
- ☐ Bake at 350 for 10 minutes or until lightly browned. Cool on pans for 2 minutes.
- ☐ Remove from pans; cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:5.44, Inflammation Score:-1, Nutrition Score:1.4343478388113%

Nutrients (% of daily need)

Calories: 85.14kcal (4.26%), Fat: 3.07g (4.72%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 13.23g (4.81%), Sugar: 8.63g (9.59%), Cholesterol: 5.25mg (1.75%), Sodium: 54.12mg (2.35%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 0.96g (1.92%), Manganese: 0.08mg (4.05%), Selenium: 2.61µg (3.73%), Vitamin B1: 0.05mg (3.16%), Folate: 10.98µg (2.75%), Iron: 0.49mg (2.71%), Copper: 0.05mg (2.32%), Vitamin B2: 0.04mg (2.24%), Vitamin B3: 0.38mg (1.9%), Magnesium: 6.87mg (1.72%), Fiber: 0.38g (1.54%), Phosphorus: 14.65mg (1.47%), Vitamin A: 60.5IU (1.21%)