



## Chocolate Chip Cookies

READY IN



60 min.

SERVINGS



32

CALORIES



110 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1 large eggs at room temperature
- 1.3 cups flour all-purpose
- 0.7 cup brown sugar light packed
- 0.3 teaspoon salt fine
- 8 ounces semi chocolate chips
- 10 tablespoons butter unsalted at room temperature ()
- 1 teaspoon vanilla extract

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender
- stand mixer
- spatula

## Directions

- Heat the oven to 350°F and arrange 2 racks to divide the oven into thirds. Line 2 baking sheets with parchment paper; set aside.
- Whisk the flour, baking soda, and salt together in a medium bowl until aerated and combined; set aside.
- Place the butter and brown sugar in the bowl of a stand mixer fitted with a paddle attachment. Beat on medium speed until lightened in color and fluffy, about 3 minutes. Stop the mixer and scrape down the sides of the bowl and the paddle with a rubber spatula.
- Add the egg and vanilla, return the mixer to medium speed, and beat until incorporated, about 1 minute more. Reduce the mixer speed to low and slowly add the flour mixture until just combined. Stop the mixer and scrape down the sides of the bowl and the paddle with the rubber spatula. Return the mixer to low speed, add the chocolate chips, and mix until just combined. Drop the cookie dough by rounded tablespoons about 2 inches apart on the prepared baking sheets (about 12 per sheet).
- Place the remaining dough in the refrigerator.
- Place both sheets in the oven and bake for 7 minutes. Rotate the sheets front to back and top to bottom and continue baking until the bottoms and edges of the cookies are golden brown but the tops are still soft, about 6 to 7 minutes more.
- Place the baking sheets on wire racks and let cool for 5 minutes. Using a flat spatula, transfer the cookies to the wire racks to cool completely.

- Let the baking sheets cool completely and repeat with the remaining dough (you can reuse the parchments). Store the cookies at room temperature in an airtight container for up to 3 days.

## Nutrition Facts

**PROTEIN 4.25%** **FAT 52.51%** **CARBS 43.24%**

### Properties

Glycemic Index:2.34, Glycemic Load:2.7, Inflammation Score:-1, Nutrition Score:2.1321739308212%

### Nutrients (% of daily need)

Calories: 110.19kcal (5.51%), Fat: 6.46g (9.94%), Saturated Fat: 3.87g (24.16%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 11.27g (4.1%), Sugar: 7.09g (7.87%), Cholesterol: 15.64mg (5.21%), Sodium: 40.07mg (1.74%), Alcohol: 0.04g (100%), Alcohol %: 0.24% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.18g (2.36%), Manganese: 0.13mg (6.55%), Copper: 0.1mg (4.98%), Iron: 0.74mg (4.09%), Selenium: 2.83µg (4.04%), Magnesium: 14.25mg (3.56%), Fiber: 0.7g (2.8%), Phosphorus: 28.04mg (2.8%), Vitamin B1: 0.04mg (2.76%), Folate: 9.85µg (2.46%), Vitamin A: 121.31IU (2.43%), Vitamin B2: 0.04mg (2.14%), Vitamin B3: 0.36mg (1.78%), Zinc: 0.25mg (1.65%), Potassium: 54.9mg (1.57%), Calcium: 10.88mg (1.09%), Vitamin E: 0.16mg (1.08%)