



Chocolate Chip Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



78

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 2 cups brown-rice flour mix
- ☐ 0.5 cup brown sugar packed
- ☐ 2 large eggs
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces semi chocolate chips
- ☐ 1 tablespoon vanilla

- ☐ 1 cup vegetable shortening plus additional for greasing baking sheets (preferably trans-fat-free)
- ☐ 1 cup walnuts finely chopped
- ☐ 1 teaspoon xanthan gum

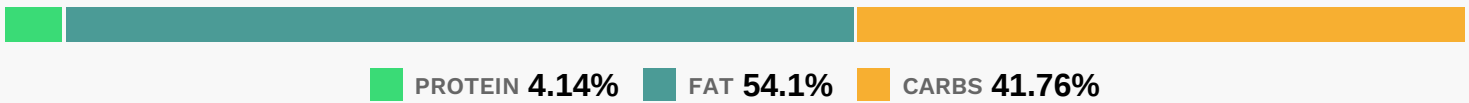
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Lightly grease 2 large baking sheets.
- ☐ Whisk together flour mix, baking soda, salt, and xanthan gum in a small bowl.
- ☐ Beat together shortening (1 cup) and sugars in a large bowl with an electric mixer at high speed until pale and fluffy, 2 to 3 minutes.
- ☐ Add eggs, 1 at a time, beating well after each addition. Beat in vanilla. Reduce speed to low and mix in flour mixture until just incorporated, then stir in chips and walnuts if using.
- ☐ Drop heaping teaspoons of dough 2 inches apart onto baking sheets.
- ☐ Bake, 1 sheet at a time, until golden, 9 to 15 minutes.
- ☐ Let stand 1 minute, then transfer cookies to a rack to cool and continue making cookies using cooled baking sheets.
- ☐ Cooled cookies keep in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:1.15, Glycemic Load:1.81, Inflammation Score:-1, Nutrition Score:2.0691304363958%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 90.67kcal (4.53%), Fat: 5.52g (8.49%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 8.92g (3.24%), Sugar: 5.63g (6.25%), Cholesterol: 5.03mg (1.68%), Sodium: 40.22mg (1.75%), Alcohol: 0.06g (100%), Alcohol %: 0.4% (100%), Caffeine: 3.75mg (1.25%), Protein: 0.95g (1.9%), Manganese: 0.27mg (13.67%), Copper: 0.09mg (4.47%), Magnesium: 14.88mg (3.72%), Phosphorus: 32.89mg (3.29%), Fiber: 0.67g (2.66%), Iron: 0.44mg (2.42%), Vitamin B6: 0.04mg (2.11%), Zinc: 0.28mg (1.86%), Vitamin E: 0.26mg (1.73%), Vitamin B1: 0.03mg (1.7%), Vitamin K: 1.76µg (1.67%), Vitamin B3: 0.31mg (1.57%), Potassium: 47.12mg (1.35%), Vitamin B5: 0.13mg (1.26%), Selenium: 0.87µg (1.24%)