



Chocolate Chip Cookies V

READY IN



30 min.

SERVINGS



30

CALORIES



221 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar
- 1 cup butter softened
- 2 eggs
- 2.3 cups flour all-purpose
- 3.3 ounce chocolate pudding mix white instant
- 1 teaspoon salt
- 2 cups semi chocolate chips
- 2 teaspoons vanilla extract

1 cup sugar white

Equipment

bowl

baking sheet

oven

wooden spoon

ice cream scoop

Directions

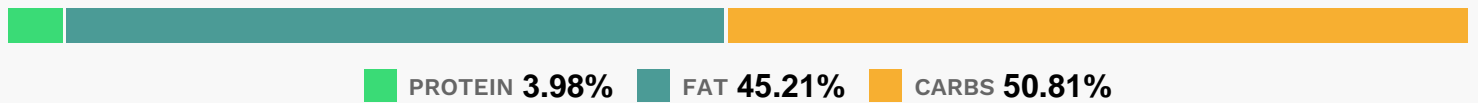
Preheat the oven to 375 degrees F (190 degrees C). Stir together the flour, baking soda, salt and instant pudding powder; set aside.

In a medium bowl, cream together the butter, white sugar and brown sugar until smooth. Blend in the eggs and vanilla. Gradually mix in the dry ingredients until just blended. Stir in the chocolate chips by hand using a wooden spoon. Scoop cookies using an ice cream scoop or by heaping tablespoons.

Place cookies at least 2 inches apart onto ungreased cookie sheets.

Bake for 8 to 10 minutes in the preheated oven, until lightly golden. Cool on baking sheets for a few minutes before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:9.83, Inflammation Score:-3, Nutrition Score:3.8752173366754%

Nutrients (% of daily need)

Calories: 221.18kcal (11.06%), Fat: 11.19g (17.21%), Saturated Fat: 6.67g (41.66%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 26.96g (9.8%), Sugar: 18.58g (20.65%), Cholesterol: 27.9mg (9.3%), Sodium: 214.4mg (9.32%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Caffeine: 10.54mg (3.51%), Protein: 2.22g (4.43%), Manganese: 0.24mg (11.99%), Copper: 0.18mg (8.99%), Selenium: 5.35µg (7.64%), Iron: 1.33mg (7.39%), Magnesium: 25.62mg (6.4%), Fiber: 1.33g (5.3%), Vitamin B1: 0.08mg (5.29%), Phosphorus: 51.43mg (5.14%), Folate: 18.91µg (4.73%), Vitamin A: 210.93IU (4.22%), Vitamin B2: 0.07mg (4.2%), Vitamin B3: 0.67mg (3.37%), Zinc: 0.45mg (3%),

Potassium: 99.15mg (2.83%), Vitamin E: 0.28mg (1.9%), Calcium: 17.39mg (1.74%), Vitamin K: 1.48µg (1.41%), Vitamin B5: 0.14mg (1.38%), Vitamin B12: 0.06µg (1.01%)