

Chocolate Chip Cookies VII

 Dairy Free

READY IN



30 min.

SERVINGS



60

CALORIES



207 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 cups brown sugar
- 4 eggs
- 4.5 cups flour all-purpose
- 0.8 cup butter
- 4 cups semi chocolate chips
- 1.3 cups shortening

- 2 teaspoons vanilla extract
- 1 cup sugar white

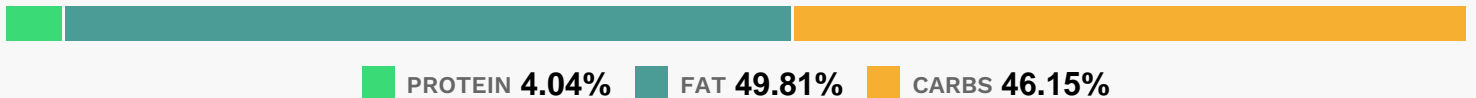
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, cream together the shortening, margarine, white sugar and brown sugar until smooth.
- Mix in the vanilla and eggs until well blended.
- Combine the flour, baking soda and baking powder; stir into the creamed mixture until just blended.
- Mix in the chocolate chips. Drop by heaping teaspoonfuls onto ungreased baking sheets. Cookies should be at least 2 inches apart.
- Bake for 8 to 10 minutes in the preheated oven, until edges are golden.
- Let cookies cool for an hour or so before eating. You can try them fresh from the oven, but they will crumble and fall apart.

Nutrition Facts



Properties

Glycemic Index:3.95, Glycemic Load:7.52, Inflammation Score:-2, Nutrition Score:3.8099999690995%

Nutrients (% of daily need)

Calories: 207.07kcal (10.35%), Fat: 11.53g (17.74%), Saturated Fat: 4.29g (26.82%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 22.83g (8.3%), Sugar: 14.9g (16.55%), Cholesterol: 11.63mg (3.88%), Sodium: 59.89mg (2.6%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Caffeine: 10.32mg (3.44%), Protein: 2.11g (4.21%), Manganese: 0.23mg (11.44%), Copper: 0.17mg (8.46%), Selenium: 5.19µg (7.42%), Iron: 1.31mg (7.27%), Magnesium: 24.31mg

(6.08%), Vitamin B1: 0.08mg (5.32%), Phosphorus: 49.55mg (4.95%), Fiber: 1.21g (4.85%), Folate: 18.64µg (4.66%), Vitamin B2: 0.07mg (3.97%), Vitamin B3: 0.67mg (3.33%), Vitamin E: 0.46mg (3.05%), Vitamin K: 3.17µg (3.02%), Zinc: 0.42mg (2.83%), Potassium: 93.34mg (2.67%), Vitamin A: 123.34IU (2.47%), Calcium: 21.43mg (2.14%), Vitamin B5: 0.16mg (1.63%)