



Chocolate Chip Cookies with All-Bran

READY IN



22 min.

SERVINGS



48

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 0.5 cup all-bran cereal
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 2 cups extra chocolate chips dark
- ☐ 2 large eggs
- ☐ 11.2 ounces flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 teaspoon salt salted
- ☐ 4 ounces butter unsalted softened

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.7 cup walnuts toasted chopped
- ☐ 0.3 cup water hot

Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F. Line two baking sheets with parchment paper or nonstick foil. In a small bowl, combine the bran cereal and water. Set aside and allow bran to soften. In a large mixing bowl using an electric mixer, beat the butter, oil and both sugars until creamy. Beat in the eggs, one at a time, then beat in the vanilla. Stir the softened bran into the batter.
- ☐ Combine the flour, baking soda and salt, and gradually add the flour mixture to the batter, stirring by hand or using lowest speed of mixer. Stir in the chocolate chips and nuts. Using a level tablespoon, shape dough into balls and arrange about 2 1/2 inches apart on baking sheets.
- ☐ Bake cookies for 10 to 13 minutes on center rack (they should be golden brown and appear set).
- ☐ Remove from oven and let cool on baking sheet for 10 minutes.
- ☐ Transfer to a wire rack and let cool completely.

Nutrition Facts



 PROTEIN **5.67%**  FAT **45.53%**  CARBS **48.8%**

Properties

Glycemic Index:5.41, Glycemic Load:5.99, Inflammation Score:-1, Nutrition Score:3.1743478068839%

Flavonoids

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

Nutrients (% of daily need)

Calories: 132.73kcal (6.64%), Fat: 6.83g (10.51%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 15.72g (5.72%), Sugar: 9.19g (10.21%), Cholesterol: 13.07mg (4.36%), Sodium: 37.44mg (1.63%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.91g (3.83%), Manganese: 0.16mg (8.11%), Folate: 24.82µg (6.2%), Vitamin B1: 0.08mg (5.37%), Vitamin B6: 0.1mg (5.2%), Selenium: 3.5µg (5%), Vitamin B2: 0.08mg (4.53%), Iron: 0.63mg (3.49%), Phosphorus: 34.5mg (3.45%), Calcium: 32.5mg (3.25%), Zinc: 0.47mg (3.15%), Fiber: 0.76g (3.05%), Copper: 0.06mg (2.99%), Vitamin B3: 0.59mg (2.95%), Vitamin K: 2.94µg (2.8%), Vitamin B12: 0.17µg (2.75%), Magnesium: 9.69mg (2.42%), Potassium: 76.53mg (2.19%), Vitamin E: 0.31mg (2.08%), Vitamin A: 84.6IU (1.69%), Vitamin B5: 0.14mg (1.41%)