



Chocolate Chip Cookies with Salt

 Vegetarian

READY IN



45 min.

SERVINGS



50

CALORIES



121 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 12 ounces baker's chocolate cut in very small pieces
- 2 large eggs
- 3 cups flour all-purpose
- 2.5 teaspoons sea salt divided
- 10 ounces butter unsalted at room temperature
- 1 teaspoon vanilla extract
- 1 cup tsp vanilla sugar

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack

Directions

- Preheat the oven to 375°. Line two baking sheets with parchment paper.
- Sift together onto a piece of waxed paper the flour, the soda, and one half teaspoon of the salt.
- In a large bowl, whisk together the butter and the sugar until it is light and pale yellow.
- Whisk in the eggs one at a time until thoroughly blended.
- Whisk in the vanilla, then stir in the flour just until it is blended.
- Stir in the chocolate chips or pieces and mix until they are evenly distributed throughout the dough.
- Drop the dough by tablespoons full onto the prepared baking sheets.
- Sprinkle each with a generous pinch of sea salt.
- Bake in the center of the oven until the cookies are golden, about 12 minutes.
- Remove from the oven and let sit on the baking sheets for about 4 minutes to allow the cookies, which are fragile, to firm up, then slide them onto a cooling rack.

Nutrition Facts



Properties

Glycemic Index:2.9, Glycemic Load:6.93, Inflammation Score:-3, Nutrition Score:3.8573912446914%

Flavonoids

Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg Epicatechin: 9.65mg, Epicatechin: 9.65mg, Epicatechin: 9.65mg, Epicatechin: 9.65mg

Nutrients (% of daily need)

Calories: 120.53kcal (6.03%), Fat: 8.43g (12.98%), Saturated Fat: 5.19g (32.42%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 10.43g (3.79%), Sugar: 4.1g (4.55%), Cholesterol: 19.63mg (6.54%), Sodium: 132.51mg (5.76%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Caffeine: 5.44mg (1.81%), Protein: 1.95g (3.91%), Manganese: 0.34mg (16.8%), Copper: 0.23mg (11.68%), Iron: 1.57mg (8.73%), Magnesium: 24.26mg (6.07%), Selenium: 3.79µg (5.41%), Fiber: 1.33g (5.33%), Zinc: 0.74mg (4.93%), Vitamin B1: 0.07mg (4.66%), Folate: 16.74µg (4.19%), Phosphorus: 40.64mg (4.06%), Vitamin B2: 0.06mg (3.28%), Vitamin A: 152.49IU (3.05%), Vitamin B3: 0.54mg (2.7%), Potassium: 68.84mg (1.97%), Vitamin E: 0.18mg (1.23%), Calcium: 10.6mg (1.06%), Vitamin K: 1.09µg (1.03%)