



Chocolate Chip Cookies with Truvia® Baking Blend

READY IN



45 min.

SERVINGS



30

CALORIES



81 kcal

DESSERT

Ingredients

- ☐ 0.3 cup baking blend truvia®
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 cup chocolate chips
- ☐ 1 large eggs
- ☐ 1.1 cups flour
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla

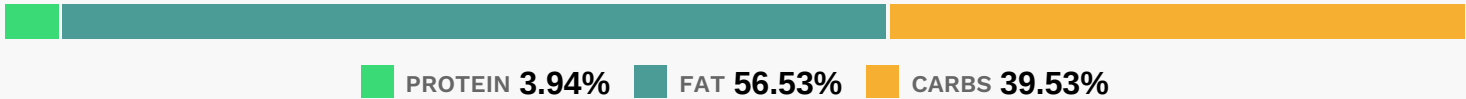
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Combine flour, salt and baking soda in a small bowl.
- ☐ Beat butter, Truvia® Baking Blend and vanilla (and optional molasses) in a separate large mixing bowl.
- ☐ Mix in egg.
- ☐ Gradually stir in flour mixture. Stir in chocolate chips.
- ☐ Drop rounded tablespoons on cookie sheets and press down to slightly flatten.
- ☐ Bake for 9 to 11 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:2.59, Inflammation Score:-1, Nutrition Score:1.1100000052348%

Nutrients (% of daily need)

Calories: 81.04kcal (4.05%), Fat: 5.14g (7.91%), Saturated Fat: 3.12g (19.47%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.94g (2.89%), Sugar: 3.57g (3.97%), Cholesterol: 14.35mg (4.78%), Sodium: 96.55mg (4.2%), Alcohol: 0.02g (100%), Alcohol %: 0.17% (100%), Protein: 0.81g (1.61%), Selenium: 2.21µg (3.16%), Vitamin B1: 0.04mg (2.89%), Folate: 10.73µg (2.68%), Vitamin B2: 0.04mg (2.15%), Vitamin A: 103.59IU (2.07%), Manganese: 0.04mg (1.8%), Vitamin B3: 0.33mg (1.63%), Iron: 0.28mg (1.53%), Phosphorus: 15.12mg (1.51%)