



Chocolate Chip Cookies with Whole Grain Flour, Bran and Flavor!



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup bittersweet chocolate chips
- ☐ 6 tablespoons brown sugar packed
- ☐ 1 large eggs
- ☐ 6 tablespoons granulated sugar
- ☐ 0.3 cup nuts toasted chopped (I used pecans)
- ☐ 0.3 scant teaspoon salt

- ☐ 6 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla
- ☐ 2 tablespoons water hot
- ☐ 25 oz grain flour – 5 whole wheat whole white sifted (or)

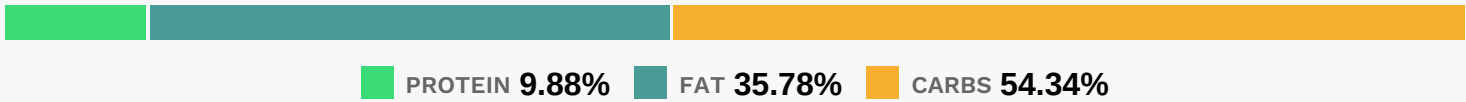
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F.Stir together flour, soda and salt. Set aside.Beat together butter and sugars until light and fluffy.
- ☐ Add egg and vanilla. Beat just until mixed.
- ☐ Mix in hot water.
- ☐ Add cereal, flour mixture, nuts and chocolate morsels, mixing until combined. Drop by teaspoon onto greased or parchment lined baking sheets.
- ☐ Bake at 375°F about 15 minutes or until golden brown.
- ☐ Remove from baking sheets and cool on wire racks. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:3.15, Inflammation Score:-4, Nutrition Score:11.811304318192%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 310.6kcal (15.53%), Fat: 12.45g (19.15%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 42.55g (14.18%), Net Carbohydrates: 39.19g (14.25%), Sugar: 11.88g (13.2%), Cholesterol: 22.99mg (7.66%), Sodium: 57.07mg (2.48%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 7.74g (15.48%), Manganese: 1.89mg (94.4%), Selenium: 16.62µg (23.75%), Phosphorus: 223.02mg (22.3%), Vitamin B1: 0.33mg (21.94%), Magnesium: 69.9mg (17.48%), Fiber: 3.36g (13.45%), Zinc: 1.82mg (12.15%), Copper: 0.24mg (11.9%), Iron: 2.01mg (11.17%), Potassium: 232.1mg (6.63%), Calcium: 55.39mg (5.54%), Vitamin B2: 0.09mg (5.2%), Folate: 17.87µg (4.47%), Vitamin E: 0.61mg (4.08%), Vitamin B6: 0.08mg (3.84%), Vitamin B3: 0.77mg (3.83%), Vitamin A: 149.98IU (3%), Vitamin K: 2.44µg (2.33%), Vitamin B5: 0.22mg (2.23%)