



Chocolate Chip Cookies With Yogurt Chips and Strawberries

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup strawberries fresh diced

- ☐ 1 stick butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup yogurt chips

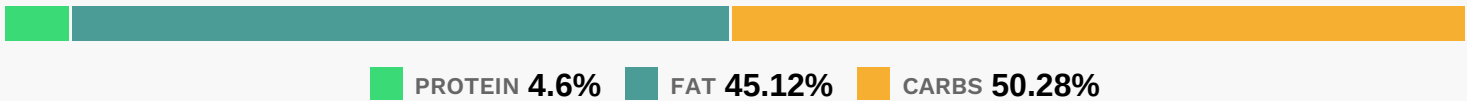
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Beat the butter, granulated sugar and brown sugar in a bowl with a mixer on medium speed until fluffy.
- ☐ Add the egg and vanilla; beat.
- ☐ Whisk the flour, baking soda and salt in a bowl.
- ☐ Add to the butter mixture and beat until just combined. Stir in the yogurt chips and strawberries.
- ☐ Preheat the oven to 350 degrees F. Scoop rounded tablespoons of dough and roll into balls. Arrange on parchment-lined baking sheets about 2 inches apart. Refrigerate 30 minutes, then bake until the cookies are golden on the bottom, 12 to 15 minutes. Cool on the baking sheets, 10 minutes, then transfer to racks to finish cooling.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:10.39, Glycemic Load:7.23, Inflammation Score:-1, Nutrition Score:1.9917391396087%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 109.81kcal (5.49%), Fat: 5.57g (8.57%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 13.29g (4.83%), Sugar: 5.93g (6.59%), Cholesterol: 17.87mg (5.96%), Sodium: 124.09mg (5.4%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Protein: 1.28g (2.56%), Selenium: 3.01µg (4.3%), Manganese: 0.08mg (4.09%), Vitamin B1: 0.06mg (4.01%), Folate: 15.95µg (3.99%), Vitamin B3: 0.62mg (3.12%), Vitamin C: 2.38mg (2.89%), Iron: 0.51mg (2.81%), Vitamin B2: 0.05mg (2.81%), Fiber: 0.68g (2.72%), Vitamin A: 129.27IU (2.59%), Phosphorus: 20.73mg (2.07%), Potassium: 62.33mg (1.78%), Vitamin B6: 0.03mg (1.35%), Vitamin B5: 0.13mg (1.27%), Magnesium: 4.24mg (1.06%)