



Chocolate Chip Flying Saucers

READY IN



15 min.

SERVINGS



20

CALORIES



258 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon baking soda
- 1 cup t brown sugar dark packed ()
- 2 large eggs
- 1 cup granulated sugar
- 0.8 teaspoon salt fine
- 1 cup semi chocolate chips
- 1 cup flour all-purpose
- 2 sticks butter unsalted at room temperature
- 1 teaspoon vanilla extract

0.7 cup flour whole-wheat white

Equipment

bowl

baking sheet

baking paper

oven

hand mixer

spatula

Directions

Arrange the oven racks in the upper and lower thirds of the oven and preheat to 375°F. Line 2 large baking sheets with parchment paper or silicone sheets.

In the bowl of an electric mixer, cream the butter and sugars, beating at medium-high speed until fluffy, about 5 minutes.

Add the eggs, vanilla, salt and baking soda and beat at medium speed just until the eggs are incorporated, 1 to 2 minutes.

Add the flours and mix at low speed just until blended, scraping down the bowl as necessary. Stir in the chocolate chips.

Drop 6 heaping tablespoons of dough on each cookie sheet, spacing the tablespoons of dough evenly apart.

Bake for 7 minutes, switch and rotate the pans and bake 5 to 7 minutes more, until the cookies are evenly golden.

Let the cookies cool on the pans for a minute or two and then transfer with a spatula to racks to cool completely. Repeat with the remaining dough.

Epicurious

Real Food For Healthy Kids reprinted with permission of William Morrow/An Imprint of Harper

Collins Publishers.

Nutrition Facts



■ PROTEIN 3.76% ■ FAT 45.6% ■ CARBS 50.64%

Properties

Glycemic Index:7.25, Glycemic Load:10.43, Inflammation Score:-3, Nutrition Score:4.3430434724559%

Nutrients (% of daily need)

Calories: 257.51kcal (12.88%), Fat: 13.28g (20.43%), Saturated Fat: 7.97g (49.82%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 31.87g (11.59%), Sugar: 24.04g (26.71%), Cholesterol: 43.44mg (14.48%), Sodium: 127.21mg (5.53%), Alcohol: 0.07g (100%), Alcohol %: 0.15% (100%), Caffeine: 7.74mg (2.58%), Protein: 2.46g (4.93%), Manganese: 0.33mg (16.73%), Selenium: 7.19µg (10.27%), Copper: 0.15mg (7.46%), Iron: 1.18mg (6.54%), Vitamin A: 314.25IU (6.28%), Magnesium: 24.54mg (6.13%), Phosphorus: 57.49mg (5.75%), Fiber: 1.32g (5.27%), Vitamin B1: 0.07mg (4.97%), Vitamin B2: 0.07mg (4.16%), Folate: 16µg (4%), Vitamin B3: 0.66mg (3.32%), Zinc: 0.47mg (3.1%), Potassium: 96.99mg (2.77%), Vitamin E: 0.4mg (2.67%), Calcium: 22.7mg (2.27%), Vitamin B5: 0.18mg (1.82%), Vitamin D: 0.27µg (1.8%), Vitamin B6: 0.04mg (1.77%), Vitamin K: 1.55µg (1.48%), Vitamin B12: 0.08µg (1.33%)