



Chocolate Chip Heart Cookies



Dairy Free

READY IN



60 min.

SERVINGS



22

CALORIES



160 kcal

Ingredients

- ☐ 17.5 oz chocolate chip cookie mix
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 3 inch grands flaky refrigerator biscuits heart-shaped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

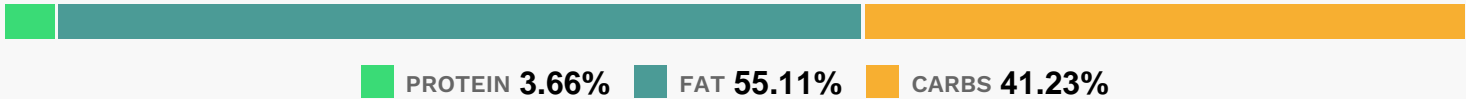
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cookie cutter

Directions

- ☐ Heat oven to 375°F. In medium bowl, stir cookie mix, flour, butter and egg until well blended.
- ☐ Roll into 1 1/4-inch balls.
- ☐ Spray cookie cutter with cooking spray; place on ungreased cookie sheet. Press dough ball evenly into cutter.
- ☐ Remove cutter; reshape dough if necessary. Continue making heart-shaped cookies, placing 2 inches apart on cookie sheet. Spray cookie cutter as needed with cooking spray.
- ☐ Bake 6 to 8 minutes or until light golden brown. Cool 2 minutes; remove from cookie sheet.

Nutrition Facts



Properties

Glycemic Index:8.53, Glycemic Load:8.05, Inflammation Score:-2, Nutrition Score:1.6143478160805%

Nutrients (% of daily need)

Calories: 160.33kcal (8.02%), Fat: 9.88g (15.2%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 15.96g (5.8%), Sugar: 7.39g (8.21%), Cholesterol: 9.24mg (3.08%), Sodium: 133.7mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin B1: 0.09mg (5.87%), Folate: 18.98µg (4.75%), Vitamin A: 195.64IU (3.91%), Vitamin B2: 0.06mg (3.51%), Vitamin B3: 0.55mg (2.74%), Fiber: 0.67g (2.7%), Iron: 0.38mg (2.12%), Magnesium: 8.2mg (2.05%), Phosphorus: 17.96mg (1.8%), Selenium: 1.12µg (1.6%), Potassium: 47.79mg (1.37%), Vitamin E: 0.19mg (1.27%)