



## Chocolate Malted Cookies

READY IN



45 min.

SERVINGS



30

CALORIES



119 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 5 tablespoons butter softened
- ☐ 3 tablespoons chocolate syrup
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 6 tablespoons liquid malt extract (such as Carnation)
- ☐ 0.5 cup milk chocolate chips
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup semisweet chocolate minichips
- ☐ 1 tablespoon vanilla extract

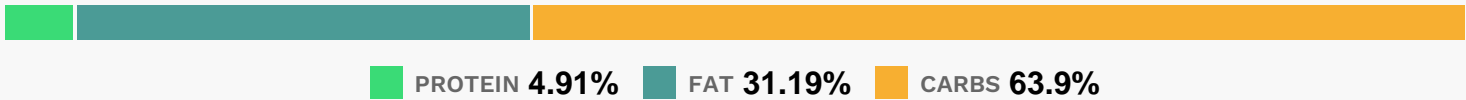
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Combine first 6 ingredients in a large bowl; beat with a mixer at medium speed for 2 minutes or until light and fluffy. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt in a medium bowl; stir with a whisk. Gradually add flour mixture to sugar mixture, beating at low speed until well blended. Stir in the milk chocolate chips and semisweet chocolate minichips.
- ☐ Drop dough by heaping teaspoonfuls 2 inches apart onto baking sheets.
- ☐ Bake at 350 for 10 minutes. Cool on pans 2 minutes or until firm.
- ☐ Remove cookies from pans; cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:4.6, Inflammation Score:-1, Nutrition Score:2.1734782460591%

## Nutrients (% of daily need)

Calories: 119.07kcal (5.95%), Fat: 4.12g (6.35%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 18.52g (6.74%), Sugar: 11.39g (12.66%), Cholesterol: 11.64mg (3.88%), Sodium: 101.02mg (4.39%), Alcohol: 0.15g (100%), Alcohol %: 0.65% (100%), Protein: 1.46g (2.92%), Selenium: 3.88µg (5.54%), Manganese: 0.11mg (5.41%), Vitamin B1: 0.07mg (4.85%), Folate: 16.72µg (4.18%), Iron: 0.69mg (3.81%), Vitamin B2: 0.06mg (3.67%), Copper: 0.06mg (3.11%), Vitamin B3: 0.59mg (2.95%), Phosphorus: 26.53mg (2.65%), Magnesium: 9.74mg (2.44%), Fiber: 0.49g (1.95%), Potassium: 58.47mg (1.67%), Calcium: 16.23mg (1.62%), Vitamin A: 71.09IU (1.42%), Zinc: 0.18mg (1.2%)