



Chocolate Swirl and Chip Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 0.1 teaspoon cocoa powder unsweetened

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0.5 teaspoon vanilla extract

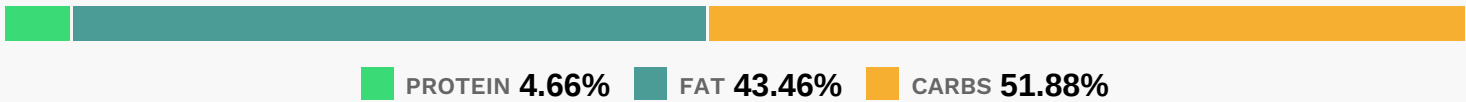
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175degrees C). Grease cookie sheets.
- ☐ In a medium bowl, cream together the butter and brown sugar until smooth. Stir in the egg and vanilla.
- ☐ Combine the flour, rolled oats, baking soda and salt, stir into the creamed mixture. Then stir in the chocolate chips. Fold the cocoa powder in slightly, to create a marbled effect.
- ☐ Drop dough by rounded teaspoonfuls onto the prepared cookie sheets.
- ☐ Bake for 10 to 12 minutes in the preheated oven. Allow cookies to cool for 2 minutes on the baking sheet before removing to cool on wire racks. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:2.44, Inflammation Score:-1, Nutrition Score:2.0313043879426%

Flavonoids

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 97.87kcal (4.89%), Fat: 4.77g (7.34%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 12.09g (4.4%), Sugar: 7.81g (8.68%), Cholesterol: 11.63mg (3.88%), Sodium: 55.78mg (2.43%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Caffeine: 4.31mg (1.44%), Protein: 1.15g (2.3%), Manganese: 0.18mg (8.81%), Copper: 0.08mg (4.01%), Selenium: 2.73µg (3.9%), Iron: 0.64mg (3.55%), Magnesium: 13.46mg (3.36%), Phosphorus: 29.43mg (2.94%), Fiber: 0.72g (2.89%), Vitamin B1: 0.04mg (2.66%), Folate: 7.81µg (1.95%), Vitamin A: 87.89IU (1.76%), Vitamin B2: 0.03mg (1.75%), Zinc: 0.26mg (1.73%), Potassium: 50.93mg (1.46%), Vitamin B3: 0.28mg (1.41%), Calcium: 11.33mg (1.13%)