



Chunky Banana-Chocolate Chip Cookies

 Dairy Free

READY IN



50 min.

SERVINGS



18

CALORIES



312 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2.5 medium banana ripe
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose gold medal®
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semisweet chocolate chips miniature chopped
- ☐ 1 cup semi chocolate chips

- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 1 cup vanilla frosting betty crocker® (from 1-lb container)
- ☐ 0.5 cup walnut pieces coarsely chopped

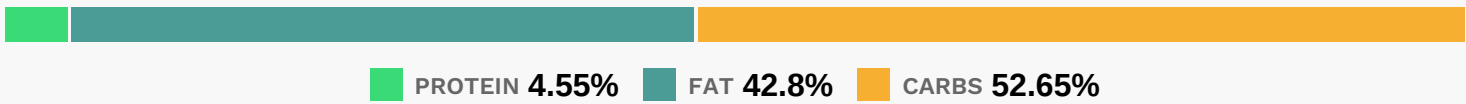
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. Mash 2 of the bananas to measure 1 cup mashed; reserve remaining 1/2 banana. In large bowl, beat sugar, butter, vanilla, eggs and mashed bananas with electric mixer on medium speed, or mix with spoon, until well blended. Stir in flour, baking powder and salt. Stir in chocolate chips and 1/2 cup walnuts.
- ☐ Drop dough by 1/4 cupfuls about 2 inches apart onto ungreased large cookie sheet.
- ☐ Bake 11 to 15 minutes or until set and edges begin to turn light golden brown. Cool 1 minute; remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- ☐ Mash enough of remaining 1/2 banana to measure 2 tablespoons mashed. In medium bowl, stir frosting and mashed banana until smooth and spreadable.
- ☐ Spread each cookie with about 1 tablespoon frosting.
- ☐ Sprinkle 1/4 cup walnuts over frosted cookies.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:21.03, Inflammation Score:-4, Nutrition Score:6.5165217700212%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 311.73kcal (15.59%), Fat: 15.01g (23.09%), Saturated Fat: 4.75g (29.66%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 39.47g (14.35%), Sugar: 26.06g (28.95%), Cholesterol: 18.98mg (6.33%), Sodium: 159.1mg (6.92%), Alcohol: 0.08g (100%), Alcohol %: 0.12% (100%), Caffeine: 11.43mg (3.81%), Protein: 3.59g (7.19%), Manganese: 0.43mg (21.42%), Copper: 0.25mg (12.74%), Selenium: 7.73µg (11.04%), Iron: 1.77mg (9.83%), Magnesium: 37.02mg (9.25%), Vitamin B2: 0.16mg (9.23%), Vitamin B1: 0.13mg (8.89%), Folate: 35.24µg (8.81%), Phosphorus: 85.1mg (8.51%), Fiber: 2.08g (8.33%), Vitamin B3: 1.11mg (5.55%), Vitamin A: 269.73IU (5.39%), Potassium: 177.49mg (5.07%), Vitamin B6: 0.1mg (4.86%), Zinc: 0.65mg (4.32%), Calcium: 39.07mg (3.91%), Vitamin E: 0.56mg (3.77%), Vitamin K: 2.81µg (2.68%), Vitamin B5: 0.26mg (2.61%), Vitamin C: 1.48mg (1.79%), Vitamin B12: 0.07µg (1.23%)