



Cookie Mix in a Jar I

 Dairy Free

READY IN



20 min.

SERVINGS



48

CALORIES



77 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1.5 cups semi chocolate chips
- ☐ 0.5 cup sugar white

Equipment

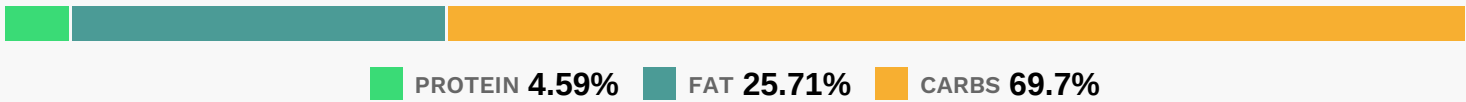
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ kitchen scissors

Directions

- ☐ Mix the salt and baking soda with the flour, then layer the ingredients into a 1 quart, wide mouth jar. Use scissors to cut a 9 inch-diameter circle from calico.
- ☐ Place over lid, and secure with rubber band. Tie on a raffia or ribbon bow to cover rubber band.
- ☐ Enclose a card with the following mixing and baking directions: Chocolate Chip Cookies
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, cream 1 cup of unsalted butter or margarine until light and fluffy. Beat in 1 egg and 1 teaspoon of vanilla.
- ☐ Mix in cookie mix. Drop teaspoonfuls of dough, spaced well apart, onto a greased cookie sheet.
- ☐ Bake for 8 to 10 minutes in preheated oven, or until lightly browned. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:4.33, Inflammation Score:-1, Nutrition Score:1.6260869384784%

Nutrients (% of daily need)

Calories: 76.96kcal (3.85%), Fat: 2.21g (3.4%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 12.9g (4.69%), Sugar: 8.6g (9.56%), Cholesterol: 0.34mg (0.11%), Sodium: 73.22mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 0.89g (1.78%), Manganese: 0.11mg (5.66%), Copper: 0.08mg (4%), Iron: 0.63mg (3.51%), Selenium: 2.31µg (3.29%), Magnesium: 11.46mg (2.86%), Vitamin B1: 0.04mg (2.85%), Folate: 9.58µg (2.39%), Fiber: 0.59g (2.36%), Phosphorus: 20.43mg (2.04%), Vitamin B3: 0.36mg (1.8%), Vitamin B2: 0.03mg (1.7%), Potassium: 43.61mg (1.25%), Zinc: 0.19mg (1.25%)