

Cookie Sticks

 Dairy Free

READY IN



25 min.

SERVINGS



36

CALORIES



87 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 cup canola oil
- 1 eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon salt
- 6 ounces semi chocolate chips
- 0.5 cup sugar

- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped

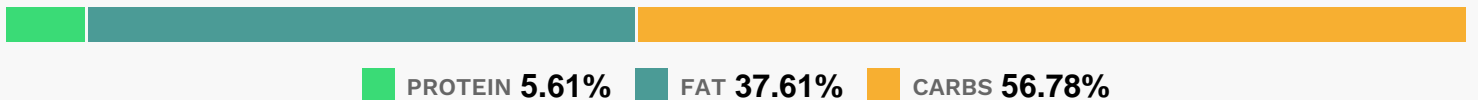
Equipment

- bowl
- baking sheet
- oven
- serrated knife

Directions

- In a large bowl, combine the oil, sugars, egg and vanilla.
- Combine the flour, baking soda and salt; gradually add to sugar mixture and mix well. Divide dough in half.
- On a greased baking sheet, shape each portion into a 15-in. x 3-in. rectangle about 3 in. apart.
- Sprinkle chocolate chips and nuts if desired over dough; press lightly.
- Bake at 375° for 6–7 minutes. (
- Bake for 8–9 minutes for crispier cookies.) Cool for 5 minutes.
- Cut with a serrated knife into 1-in. strips; remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:4.59, Glycemic Load:4.84, Inflammation Score:-1, Nutrition Score:2.0039130448485%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 86.82kcal (4.34%), Fat: 3.67g (5.64%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 11.83g (4.3%), Sugar: 7.55g (8.38%), Cholesterol: 4.83mg (1.61%), Sodium: 50.74mg (2.21%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.23g (2.46%), Manganese: 0.16mg

(7.82%), Copper: 0.09mg (4.75%), Selenium: 2.67µg (3.82%), Iron: 0.63mg (3.51%), Vitamin B1: 0.05mg (3.23%), Magnesium: 12.47mg (3.12%), Folate: 11.73µg (2.93%), Phosphorus: 26.08mg (2.61%), Fiber: 0.63g (2.51%), Vitamin B2: 0.04mg (2.16%), Vitamin B3: 0.37mg (1.85%), Zinc: 0.23mg (1.53%), Potassium: 45.51mg (1.3%), Vitamin E: 0.16mg (1.09%)