



Crispy Chocolate Chip Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



26

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs at room temperature
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt fine
- ☐ 1.5 cups semi chocolate chips
- ☐ 0.8 cup super-fine sugar
- ☐ 0.5 cup butter unsalted at room temperature 1 stick
- ☐ 1 teaspoon vanilla extract pure

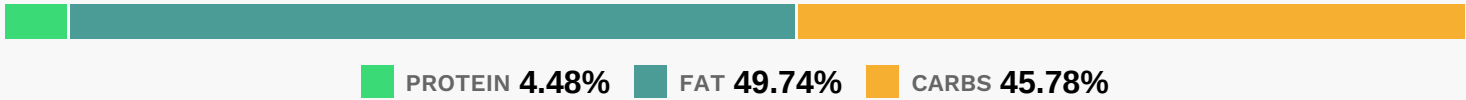
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat the oven to 400 degrees F. Line 2 baking sheets with parchment paper.
- ☐ Whisk the flour, salt, and baking soda in a medium bowl.
- ☐ In a large bowl, beat the butter and sugar with a hand held mixer until light and fluffy, about 4 to 5 minutes. Beat in the egg and then the vanilla. Gradually add the dry ingredients to the butter mixture, to make a soft dough. Stir in the chocolate chips.
- ☐ Spoon a heaping tablespoon of dough onto the prepared baking sheets, spacing them about 3-inches apart, (a standard pan can accommodate about 6 cookies).
- ☐ Bake the cookies until brown around the edges, about 12 to 14 minutes.
- ☐ Transfer to a rack to cool. Repeat with the remaining dough.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:7.57, Inflammation Score:-2, Nutrition Score:2.8191304751064%

Nutrients (% of daily need)

Calories: 140.16kcal (7.01%), Fat: 7.78g (11.97%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 15.11g (5.5%), Sugar: 9.62g (10.68%), Cholesterol: 17.16mg (5.72%), Sodium: 59.69mg (2.6%), Alcohol: 0.05g (100%), Alcohol %: 0.23% (100%), Caffeine: 8.93mg (2.98%), Protein: 1.58g (3.15%), Manganese:

0.18mg (9.14%), Copper: 0.14mg (7.07%), Iron: 0.99mg (5.51%), Selenium: 3.71µg (5.31%), Magnesium: 20.02mg (5.01%), Fiber: 1g (4.02%), Phosphorus: 38.79mg (3.88%), Vitamin B1: 0.05mg (3.64%), Folate: 12.77µg (3.19%), Vitamin B2: 0.05mg (2.84%), Vitamin A: 124.67IU (2.49%), Vitamin B3: 0.47mg (2.35%), Zinc: 0.35mg (2.33%), Potassium: 69.79mg (1.99%), Vitamin E: 0.19mg (1.24%), Vitamin K: 1.08µg (1.03%)