



Crunchy Chip Cookies

READY IN



45 min.

SERVINGS



42

CALORIES



91 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup butter softened
- 2 cups rice cereal crisp
- 1 eggs
- 1.3 cups flour all-purpose
- 1 cup raisins
- 0.3 teaspoon salt
- 1 cup semi chocolate chips
- 1 teaspoon vanilla extract

1 cup sugar white

Equipment

bowl

baking sheet

oven

Directions

Preheat oven to 350 degrees F (175 degrees C).

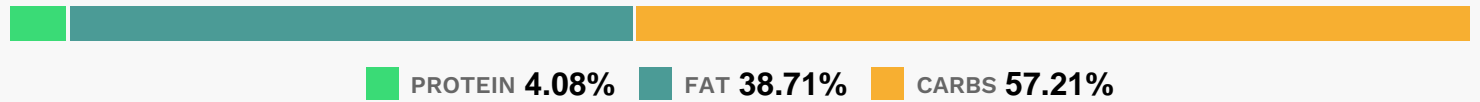
In a small bowl combine the flour, baking soda, and salt. Set aside.

In a large bowl combine cream the butter and sugar together until light and fluffy. Beat in the egg and vanilla. Stir in the flour mixture and mix to combine. Stir in the crisp rice cereal, chocolate chips and raisins.

Drop by level tablespoonfuls onto a lightly greased cookie sheet.

Bake at 350 degrees F (175 degrees C) for 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:6.83, Inflammation Score:-1, Nutrition Score:1.6660869665768%

Nutrients (% of daily need)

Calories: 91.46kcal (4.57%), Fat: 4.01g (6.17%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 12.65g (4.6%), Sugar: 6.35g (7.06%), Cholesterol: 9.96mg (3.32%), Sodium: 47.3mg (2.06%), Alcohol: 0.03g (100%), Alcohol %: 0.2% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.95g (1.9%), Manganese: 0.09mg (4.61%), Copper: 0.07mg (3.63%), Iron: 0.58mg (3.22%), Selenium: 2.11µg (3.02%), Fiber: 0.69g (2.76%), Vitamin B1: 0.04mg (2.6%), Magnesium: 9.86mg (2.46%), Folate: 8.85µg (2.21%), Phosphorus: 21.53mg (2.15%), Vitamin B2: 0.04mg (2.11%), Potassium: 60.13mg (1.72%), Vitamin B3: 0.33mg (1.64%), Vitamin A: 75.33IU (1.51%), Zinc: 0.17mg (1.15%)