



Dark Chocolate Chunk Cookies

 Vegetarian

READY IN



21 min.

SERVINGS



13

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 0.8 cup chocolate dark coarsely chopped
- ☐ 1 large eggs
- ☐ 1.7 cups flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla

☐ 0.3 cup walnuts toasted chopped

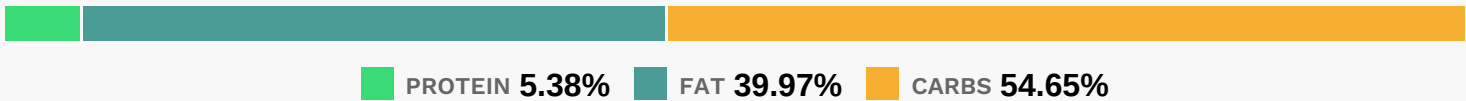
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt.
- ☐ Beat butter with a mixer at medium speed until fluffy.
- ☐ Add brown sugar, beating until blended.
- ☐ Add egg and vanilla, beating just until blended.
- ☐ Gradually add flour mixture to butter mixture, stirring just until combined; fold in chocolate and walnuts. Drop by rounded teaspoonfuls 2 inches apart onto baking sheets coated with cooking spray.
- ☐ Bake at 350 for 8 to 10 minutes or until lightly browned.
- ☐ Remove from pans, and cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:9.69, Inflammation Score:-3, Nutrition Score:5.6134782320131%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

Nutrients (% of daily need)

Calories: 246.74kcal (12.34%), Fat: 11.01g (16.95%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 32.2g (11.71%), Sugar: 19.03g (21.15%), Cholesterol: 27.12mg (9.04%), Sodium: 202.65mg (8.81%), Alcohol: 0.21g (100%), Alcohol %: 0.48% (100%), Caffeine: 8.08mg (2.69%), Protein: 3.34g (6.68%), Manganese: 0.4mg (19.82%), Copper: 0.25mg (12.42%), Iron: 2.2mg (12.23%), Selenium: 7.67µg (10.96%), Vitamin B1: 0.14mg (9.25%), Folate: 33.68µg (8.42%), Magnesium: 32.28mg (8.07%), Fiber: 1.68g (6.74%), Phosphorus: 65.92mg (6.59%), Vitamin B2: 0.11mg (6.5%), Vitamin B3: 1.1mg (5.52%), Zinc: 0.58mg (3.84%), Potassium: 129.4mg (3.7%), Vitamin A: 170.61IU (3.41%), Calcium: 29.7mg (2.97%), Vitamin B5: 0.21mg (2.13%), Vitamin B6: 0.04mg (1.84%), Vitamin E: 0.26mg (1.74%), Vitamin B12: 0.07µg (1.21%), Vitamin K: 1.26µg (1.2%)