



Double Chocolate Chip Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



68 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 0.5 teaspoon vanilla
- 1 egg whites
- 0.5 cup flour all-purpose
- 3 tablespoons cocoa powder unsweetened
- 0.5 teaspoon baking soda
- 1 Dash salt

0.5 cup semi chocolate chips

Equipment

bowl

baking sheet

oven

wire rack

hand mixer

Directions

Heat oven to 375°F. In large bowl, beat brown sugar and butter with electric mixer on medium speed until light and fluffy, or mix with spoon. Beat in vanilla and egg white.

Stir in flour, cocoa, baking soda and salt. Stir in chocolate chips. Onto ungreased cookie sheet, drop dough by teaspoonfuls about 2 inches apart.

Bake 8 to 9 minutes or until set (do not overbake). Cool 1 minute; remove from cookie sheet to wire rack.

Nutrition Facts



PROTEIN 4.5% **FAT 44.64%** **CARBS 50.86%**

Properties

Glycemic Index:3.13, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:1.3978260921557%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 67.92kcal (3.4%), Fat: 3.45g (5.31%), Saturated Fat: 1.28g (7.97%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.25g (3%), Sugar: 5.86g (6.51%), Cholesterol: 0.22mg (0.08%), Sodium: 50.64mg (2.2%), Alcohol: 0.03g (100%), Alcohol %: 0.24% (100%), Caffeine: 4.66mg (1.55%), Protein: 0.78g (1.57%), Manganese: 0.09mg (4.73%), Copper: 0.08mg (3.84%), Magnesium: 10.92mg (2.73%), Iron: 0.48mg (2.66%), Fiber: 0.6g (2.41%), Selenium: 1.59µg (2.27%), Phosphorus: 18.07mg (1.81%), Vitamin A: 86.46IU (1.73%), Vitamin B1: 0.02mg (1.5%),

Vitamin B2: 0.02mg (1.33%), Folate: 5.09µg (1.27%), Potassium: 42.8mg (1.22%), Zinc: 0.16mg (1.08%), Vitamin B3: 0.21mg (1.03%)