



Easy Chewy M&M Cookies

READY IN



45 min.

SERVINGS



14

CALORIES



348 kcal

DESSERT

Ingredients

- 1 tsp double-acting baking powder
- 0.5 tsp baking soda
- 2 eggs
- 2 cups flour
- 0.8 cup brown sugar light packed
- 0.8 cup brown sugar light packed
- 1.5 cups m&m candies
- 0.3 tsp salt
- 0.3 cup sugar

- 1 stick butter unsalted
- 1 tsp vanilla

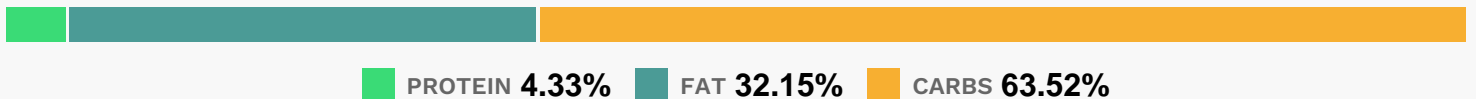
Equipment

- bowl
- baking sheet
- oven
- blender
- hand mixer
- wooden spoon
- spatula

Directions

- Oven at 375 degrees. In a large bowl, using an electric hand mixer, cream together the butter and sugars until well combined. Next add in the eggs and vanilla.
- Mix until the mixture is well combined and the color has lightened and is smooth and creamy looking. In a small bowl mix together the flour, baking powder, baking soda and salt. With the mixer on low add half the dry mix in until mostly combined then the remaining dry mix. Only mix until it is just barely combined. You are better off leaving a little flour not combined than over mixing it with the electric mixer. Next, using a wooden spoon or rubber spatula stir in the candies. Using a cookie scoop, scoop them onto a parchment lined baking sheet.
- Bake for approx 12–14 minutes or until the edges are a light golden brown.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:12.43, Inflammation Score:-2, Nutrition Score:4.155652173913%

Taste

Sweetness: 100%, Saltiness: 6.61%, Sourness: 0.74%, Bitterness: 0.38%, Savoriness: 3.53%, Fattiness: 32.97%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 348.09kcal (17.4%), Fat: 12.54g (19.29%), Saturated Fat: 7.59g (47.47%), Carbohydrates: 55.73g (18.58%), Net Carbohydrates: 54.65g (19.87%), Sugar: 40.48g (44.98%), Cholesterol: 44.08mg (14.69%), Sodium: 153.29mg (6.66%), Protein: 3.8g (7.6%), Selenium: 8.37µg (11.96%), Vitamin B1: 0.14mg (9.54%), Folate: 36.11µg (9.03%), Iron: 1.42mg (7.89%), Calcium: 72.95mg (7.3%), Vitamin B2: 0.12mg (7.1%), Manganese: 0.14mg (7%), Vitamin A: 285.57IU (5.71%), Vitamin B3: 1.09mg (5.45%), Fiber: 1.08g (4.34%), Phosphorus: 41.83mg (4.18%), Copper: 0.04mg (2.16%), Vitamin B5: 0.21mg (2.15%), Magnesium: 7.09mg (1.77%), Vitamin E: 0.26mg (1.76%), Potassium: 61.66mg (1.76%), Vitamin D: 0.25µg (1.65%), Zinc: 0.22mg (1.47%), Vitamin B6: 0.03mg (1.43%), Vitamin B12: 0.07µg (1.16%)