

Espresso Chocolate Chip Cookie



Vegetarian

READY IN

ready

35 min.

SERVINGS

servings

24

CALORIES

calories

177 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened 1 stick
- ☐ 1 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 3 tablespoons granulated sugar
- ☐ 1.5 teaspoons espresso coffee powder instant
- ☐ 1 cup brown sugar light

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups semi chocolate chips
- ☐ 2 teaspoons vanilla extract

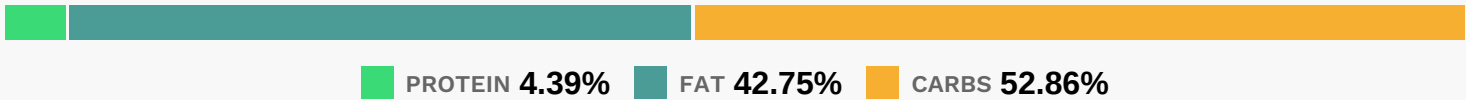
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat oven to 300 degrees F.
- ☐ Cream the butter with the sugars using an electric mixer on medium speed until fluffy, approximately 30 seconds. Beat in the egg and the vanilla extract for another 30 seconds.
- ☐ In a mixing bowl, sift together the dry ingredients and beat into the butter mixture at low speed for about 15 seconds. Stir in the espresso coffee powder and chocolate chips.
- ☐ Using a 1-ounce scoop or a 2-tablespoon measure, drop cookie dough onto a greased cookie sheet about 3 inches apart. Gently press down on the dough with the back of a spoon to spread out into a 2-inch circle.
- ☐ Bake for about 20 minutes or until nicely browned around the edges.
- ☐ Bake a little longer for a crispier cookie.
- ☐ Serve warm with a glass of milk.

Nutrition Facts



Properties

Glycemic Index:11.96, Glycemic Load:6.1, Inflammation Score:-2, Nutrition Score:3.4926086625327%

Nutrients (% of daily need)

Calories: 177.04kcal (8.85%), Fat: 8.44g (12.98%), Saturated Fat: 4.99g (31.18%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 22.32g (8.12%), Sugar: 14.6g (16.22%), Cholesterol: 18.59mg (6.2%), Sodium: 117.39mg (5.1%), Alcohol: 0.11g (100%), Alcohol %: 0.38% (100%), Caffeine: 11.64mg (3.88%), Protein: 1.95g (3.9%), Manganese: 0.22mg (10.99%), Copper: 0.16mg (7.99%), Iron: 1.25mg (6.94%), Selenium: 4.85µg (6.93%), Magnesium: 23.24mg (5.81%), Vitamin B1: 0.08mg (5.08%), Phosphorus: 46.76mg (4.68%), Fiber: 1.15g (4.59%), Folate: 17.89µg (4.47%), Vitamin B2: 0.06mg (3.67%), Vitamin B3: 0.67mg (3.33%), Vitamin A: 135.06IU (2.7%), Potassium: 92.5mg (2.64%), Zinc: 0.4mg (2.64%), Calcium: 23.32mg (2.33%), Vitamin E: 0.2mg (1.36%), Vitamin B5: 0.12mg (1.23%), Vitamin K: 1.18µg (1.12%)