



HEALTH SCORE

59%

Favorite Chocolate Chip Cookies



Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



8485 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 1 cup butter softened
- ☐ 2 large eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 12 ounce milk chocolate morsels
- ☐ 1 cup pecans chopped

- ☐ 0.3 teaspoon salt
- ☐ 12 ounce semisweet chocolate morsels
- ☐ 2 teaspoons vanilla extract

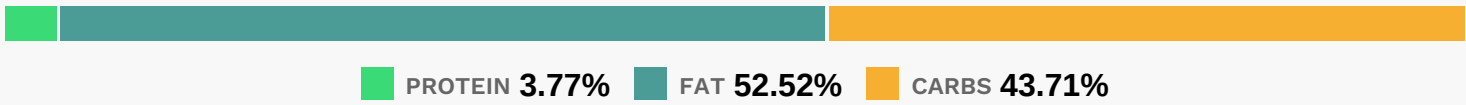
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter and sugars at medium speed with an electric mixer until fluffy; gradually add eggs and vanilla, beating well.
- ☐ Combine flour, baking soda, and salt; add to butter mixture, beating at low speed until blended. Stir in pecans and chocolate morsels.
- ☐ Drop by heaping tablespoonfuls onto lightly greased baking sheets.
- ☐ Bake at 350 for 8 to 10 minutes or until golden; remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:155.09, Glycemic Load:260.05, Inflammation Score:-10, Nutrition Score:75.11478249923%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

Nutrients (% of daily need)

Calories: 8485.31kcal (424.27%), Fat: 501.94g (772.22%), Saturated Fat: 184.02g (1150.1%), Carbohydrates: 939.75g (313.25%), Net Carbohydrates: 892.79g (324.65%), Sugar: 585.76g (650.84%), Cholesterol: 392.41mg (130.8%), Sodium: 4047.19mg (175.96%), Alcohol: 2.75g (100%), Alcohol %: 0.2% (100%), Caffeine: 292.57mg (97.52%),

Protein: 81.17g (162.34%), Manganese: 11.91mg (595.72%), Copper: 6.21mg (310.57%), Selenium: 182.54µg (260.77%), Iron: 43.19mg (239.97%), Vitamin B1: 3.59mg (239.35%), Magnesium: 840.89mg (210.22%), Fiber: 46.96g (187.84%), Phosphorus: 1814.98mg (181.5%), Vitamin A: 8890.93IU (177.82%), Folate: 703.96µg (175.99%), Vitamin B2: 2.57mg (151.42%), Vitamin B3: 24.76mg (123.82%), Potassium: 4182.33mg (119.5%), Zinc: 17.72mg (118.13%), Calcium: 845.07mg (84.51%), Vitamin E: 11.83mg (78.84%), Vitamin B5: 5.41mg (54.11%), Vitamin B6: 0.76mg (37.8%), Vitamin B12: 1.73µg (28.82%), Vitamin K: 29.64µg (28.23%), Vitamin D: 2µg (13.33%), Vitamin C: 1.65mg (2%)