



French Vanilla-Chocolate Chunk Cookie Mix

 Dairy Free

READY IN



23 min.

SERVINGS



23

CALORIES



169 kcal

DESSERT

Ingredients

- 0.5 tsp baking soda
- 1 cup flour
- 1 cup quick-cooking oats
- 12 oz baker's semi-sweet chocolate coarsely chopped
- 0.8 cup sugar
- 0.3 cup maxwell house international vanilla french
- 0.5 cup planters walnuts chopped

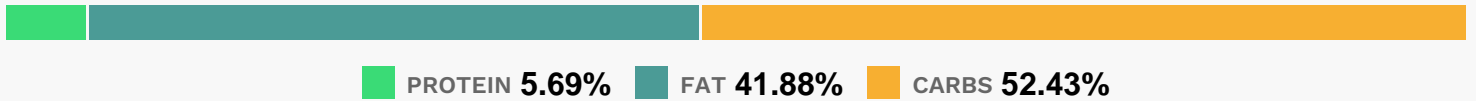
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Layer ingredients in 1-1/2-qt. glass canister or jar in the following order (from bottom to top): flour, baking soda, sugar mixed with flavored instant coffee, oats, chocolate and nuts, tapping jar gently on counter to settle each layer before adding next layer. Cover with lid.
- Attach Baking Directions (see below) to jar.
- Heat oven to 375F. Beat 3/4 cup softened butter, 1 egg and 1 tsp. vanilla in large bowl with mixer until blended. Empty contents of cookie mix jar into bowl; beat until blended.
- Drop heaping tablespoonfuls of dough, 2 inches apart, onto baking sheets.
- Bake 12 to 13 min. or until golden brown. Cool on baking sheet 1 min.
- Remove to wire racks; cool completely.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:8.94, Inflammation Score:-2, Nutrition Score:4.4791304394603%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 168.93kcal (8.45%), Fat: 7.64g (11.76%), Saturated Fat: 3.46g (21.64%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 19.7g (7.16%), Sugar: 12.45g (13.83%), Cholesterol: 0.89mg (0.3%), Sodium: 29.44mg (1.28%), Alcohol: 1.04g (100%), Alcohol %: 3.66% (100%), Caffeine: 12.72mg (4.24%), Protein: 2.34g (4.68%), Manganese: 0.48mg (23.93%), Copper: 0.25mg (12.43%), Magnesium: 41.13mg (10.28%), Iron: 1.43mg (7.95%), Fiber: 1.83g (7.33%), Phosphorus: 69.45mg (6.95%), Selenium: 4.45µg (6.35%), Vitamin B1: 0.08mg (5.03%), Zinc: 0.63mg (4.17%), Folate: 13.57µg (3.39%), Potassium: 118.11mg (3.37%), Vitamin B2: 0.05mg (2.72%), Vitamin B3: 0.51mg (2.58%), Calcium: 14.53mg (1.45%), Vitamin B6: 0.03mg (1.27%), Vitamin K: 1.26µg (1.2%), Vitamin B5: 0.11mg (1.09%)