



## Frozen Chocolate Chip Cookie Dough Balls

READY IN



135 min.

SERVINGS



42

CALORIES



115 kcal

DESSERT

### Ingredients

- 1.5 cups brown sugar packed
- 1 cup butter softened
- 2 cups flour all-purpose
- 0.8 cup semisweet chocolate chips mini
- 2 teaspoons vanilla extract
- 1 tablespoon water

### Equipment

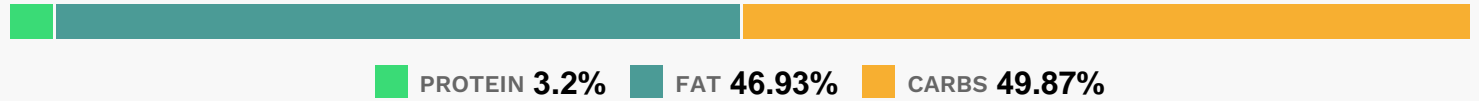
- baking sheet

- mixing bowl
- ziploc bags
- ice cream scoop

## Directions

- Cream the butter and sugar in a mixing bowl. Stir in the vanilla, water, flour, chocolate chips, and walnuts, if desired, and mix until well blended.
- Roll dough into bite-sized balls (or use a small ice cream scoop).
- Place on a baking sheet and freeze until firm, about 2 hours. Store balls in resealable plastic bags in the freezer.

## Nutrition Facts



## Properties

Glycemic Index:2.98, Glycemic Load:3.29, Inflammation Score:-1, Nutrition Score:1.7652173884537%

## Nutrients (% of daily need)

Calories: 115.29kcal (5.76%), Fat: 6.06g (9.32%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 13.99g (5.09%), Sugar: 9.22g (10.24%), Cholesterol: 11.87mg (3.96%), Sodium: 37.53mg (1.63%), Alcohol: 0.07g (100%), Alcohol %: 0.35% (100%), Caffeine: 3.63mg (1.21%), Protein: 0.93g (1.86%), Manganese: 0.1mg (5.1%), Selenium: 2.52µg (3.6%), Iron: 0.6mg (3.33%), Copper: 0.07mg (3.26%), Vitamin B1: 0.05mg (3.22%), Folate: 11.13µg (2.78%), Vitamin A: 137.18IU (2.74%), Magnesium: 9.59mg (2.4%), Vitamin B3: 0.4mg (1.99%), Fiber: 0.5g (1.99%), Vitamin B2: 0.03mg (1.97%), Phosphorus: 19.04mg (1.9%), Potassium: 42.35mg (1.21%), Calcium: 11.36mg (1.14%), Zinc: 0.16mg (1.07%), Vitamin E: 0.15mg (1.03%)