



Galletas de Milo (Milo Cookies)

READY IN



45 min.

SERVINGS



18

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup chocolate chips
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 pinch salt
- ☐ 1 stick butter unsalted at room temperature
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons milk whole

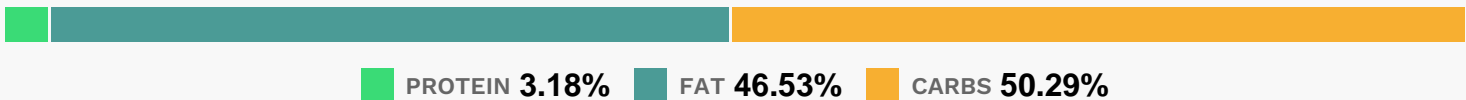
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Preheat the oven to 350°F and line two baking sheets with parchment paper.
- ☐ Whisk together the flour, Milo, baking powder and salt in a bowl and set aside.In another bowl using an electric mixer, cream the butter and sugar for about 4 minutes, or until smooth.
- ☐ Add the egg, beating for 1 more minute.
- ☐ Add the vanilla. Reduce the mixer speed to low and add the dry ingredients and the milk, mixing only until they are incorporated. Using a wooden spoon or rubber spatula, mix in the chocolate chips.Drop about 1 tablespoon of dough onto the sheets, leaving about 2 inches of space between them.
- ☐ Bake for about 12 minutes, until set but still soft when touched.
- ☐ Remove from the oven and let the cookies cool on the baking sheet(s) on a wire rack for about 3 minutes.
- ☐ Transfer the cookies to the rack and let cool completely. Store in an airtight container at room temperature for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:15.28, Glycemic Load:9.74, Inflammation Score:-1, Nutrition Score:1.6791304194409%

Nutrients (% of daily need)

Calories: 145.28kcal (7.26%), Fat: 7.65g (11.76%), Saturated Fat: 4.69g (29.33%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 18.41g (6.69%), Sugar: 12.73g (14.14%), Cholesterol: 24.03mg (8.01%), Sodium: 31.21mg (1.36%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.18g (2.35%), Selenium: 3.35µg (4.79%), Vitamin B1: 0.06mg (3.79%), Folate: 14.2µg (3.55%), Vitamin A: 174.58IU (3.49%), Vitamin B2: 0.05mg (3.12%), Calcium: 24.67mg (2.47%), Manganese: 0.05mg (2.45%), Iron: 0.4mg (2.23%), Phosphorus: 21.07mg (2.11%), Vitamin B3: 0.42mg (2.08%), Vitamin E: 0.18mg (1.2%), Vitamin D: 0.17µg (1.12%), Potassium: 37.07mg (1.06%)