



WHATSheATE

Giant Chocolate Chunk Cookies

READY IN



45 min.

SERVINGS



6

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 2 large egg whites
- ☐ 5 ounces flour all-purpose (1 cup plus 2 tablespoons)
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract

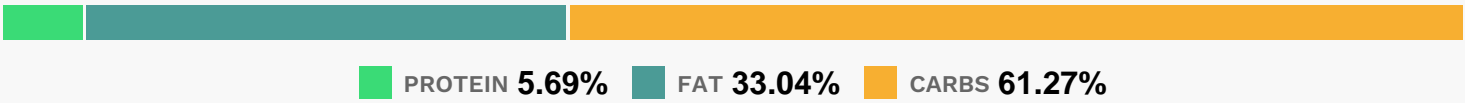
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, soda, and salt in a small bowl; stir with a whisk.
- ☐ Place sugars and butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
- ☐ Add vanilla and egg whites; beat well.
- ☐ Add flour mixture; beat at low speed until well blended. Stir in chocolate chips. Cover and refrigerate 1 hour or until firm.
- ☐ Preheat oven to 35
- ☐ Divide dough into 6 equal portions; place dough portions 2 inches apart on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 14 minutes or until golden brown. Cool 2 minutes on pan; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:20.8, Inflammation Score:-3, Nutrition Score:5.2639131027719%

Nutrients (% of daily need)

Calories: 294.1kcal (14.7%), Fat: 10.83g (16.66%), Saturated Fat: 6.55g (40.94%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 43.95g (15.98%), Sugar: 25.93g (28.81%), Cholesterol: 20.79mg (6.93%), Sodium: 271.99mg (11.83%), Alcohol: 0.23g (100%), Alcohol %: 0.38% (100%), Caffeine: 6.45mg (2.15%), Protein: 4.19g (8.39%), Selenium: 11.15µg (15.93%), Manganese: 0.27mg (13.59%), Vitamin B1: 0.19mg (12.59%), Folate: 44.08µg (11.02%), Vitamin B2: 0.17mg (10.27%), Iron: 1.67mg (9.3%), Vitamin B3: 1.49mg (7.45%), Copper: 0.14mg (6.86%), Magnesium: 20.98mg (5.24%), Phosphorus: 49.46mg (4.95%), Fiber: 1.24g (4.95%), Vitamin A: 240.11IU (4.8%), Potassium: 105.49mg (3.01%), Zinc: 0.38mg (2.54%), Calcium: 21.62mg (2.16%), Vitamin E: 0.28mg (1.85%), Vitamin B5: 0.17mg (1.74%), Vitamin K: 1.27µg (1.21%)