



Gluten Free Chocolate Chip Cookies



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup brown rice flour
- ☐ 0.8 cup cornmeal whole fine (use grind)
- ☐ 2 teaspoons ener-g egg replacer
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup brown sugar light
- ☐ 1 pinch salt
- ☐ 0.7 cup semi chocolate chips

- ☐ 1 teaspoon vanilla extract
- ☐ 6 tablespoons vegetable oil spread/margarine
- ☐ 0.3 cup walnuts coarsely chopped
- ☐ 3 tablespoons warm water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ spatula

Directions

- ☐ Preheat the oven to 375F/190C for 15 minutes. Grease 2 baking sheets. In a medium bowl, cream together the margarine and sugars until light and fluffy. In a blender blend together the EnerG and warm water until its frothy.
- ☐ Add this and vanilla extract to the creamed sugar mixture and beat it well. Fold in the brown rice flour, whole cornmeal, baking powder, salt, chocolate chips and nuts (if using). Drop tablespoonfuls of dough on the baking sheets leaving space between each cookie.
- ☐ Bake for 10–15 minutes, until the cookies are lightly browned. I took out mine after 13 minutes. If you are using a dark coating non stick pan, be alert as the bottoms tend to brown very quickly. I used an aluminum pan, so mine took 13 minutes.
- ☐ Place the baking sheets on cooling racks.
- ☐ Let the cookies stand for 5 minutes.
- ☐ Transfer the cookies to the wire rack using a spatula.
- ☐ Let cool completely before storing in an airtight container.

Nutrition Facts



 PROTEIN **4.63%**  FAT **45.3%**  CARBS **50.07%**

Properties

Glycemic Index:15.66, Glycemic Load:5.51, Inflammation Score:-3, Nutrition Score:4.33086955191%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 175.83kcal (8.79%), Fat: 8.95g (13.76%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 20.48g (7.45%), Sugar: 9.46g (10.52%), Cholesterol: 0.45mg (0.15%), Sodium: 81.68mg (3.55%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.06g (4.12%), Manganese: 0.51mg (25.49%), Magnesium: 32.95mg (8.24%), Copper: 0.16mg (8.01%), Phosphorus: 74.39mg (7.44%), Fiber: 1.76g (7.06%), Vitamin B6: 0.11mg (5.64%), Iron: 0.95mg (5.28%), Zinc: 0.67mg (4.46%), Vitamin B1: 0.06mg (4.29%), Vitamin A: 191.91IU (3.84%), Vitamin B3: 0.74mg (3.72%), Calcium: 35.3mg (3.53%), Potassium: 103.25mg (2.95%), Vitamin E: 0.34mg (2.24%), Vitamin B5: 0.2mg (2.04%), Selenium: 1.23µg (1.75%), Folate: 5.6µg (1.4%), Vitamin B2: 0.02mg (1.3%)