



Gluten-Free Tuesday: Chocolate Chip Cookies for Two (or One)

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



325 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 2 tablespoons butter softened
- ☐ 2 tablespoons chocolate chips to taste (more or less)
- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons t brown sugar dark
- ☐ 1 tablespoon eggs beaten
- ☐ 1 teaspoon granulated sugar

- ☐ 3 tablespoons rice flour white
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons rice flour sweet

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ wooden spoon
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Preheat oven to 350°F. Line baking sheet with parchment paper. In small bowl, whisk together white rice flour, sweet rice flour, cornstarch, baking soda, and salt. In another small bowl, cream together sugars and butter until a thick paste forms. (Use a wooden spoon or handheld mixer. This batch is too small for a stand mixer.)
- ☐ Add the egg. Beat until smooth.
- ☐ Add dry ingredients.
- ☐ Mix until a dough forms.
- ☐ Add chocolate chips. Stir to combine.
- ☐ Scoop dough, about one generous tablespoon each, onto prepared baking sheet.
- ☐ Bake until golden brown, about 10 minutes.
- ☐ Remove pan from oven. Allow cookies to cool on the pan for two minutes. Using a metal spatula, transfer cookies to a wire rack to cool completely.

Nutrition Facts



PROTEIN 2.92% FAT 45.56% CARBS 51.52%

Properties

Glycemic Index:128.05, Glycemic Load:13.29, Inflammation Score:-2, Nutrition Score:3.2621739351231%

Nutrients (% of daily need)

Calories: 325.41kcal (16.27%), Fat: 16.67g (25.64%), Saturated Fat: 10.19g (63.71%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 41.86g (15.22%), Sugar: 22.27g (24.74%), Cholesterol: 57.6mg (19.2%), Sodium: 317.73mg (13.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.81%), Manganese: 0.28mg (14.04%), Selenium: 5.99µg (8.56%), Vitamin A: 389.78IU (7.8%), Vitamin B6: 0.12mg (5.8%), Phosphorus: 40.66mg (4.07%), Vitamin B5: 0.33mg (3.29%), Calcium: 30.55mg (3.06%), Vitamin B3: 0.61mg (3.04%), Vitamin E: 0.43mg (2.85%), Vitamin B2: 0.04mg (2.57%), Potassium: 89.58mg (2.56%), Magnesium: 10.16mg (2.54%), Vitamin B1: 0.03mg (2.31%), Fiber: 0.55g (2.2%), Copper: 0.04mg (2.05%), Zinc: 0.29mg (1.95%), Iron: 0.3mg (1.68%), Vitamin B12: 0.09µg (1.49%), Folate: 4.91µg (1.23%)