



## Gourmet Chocolate Chip Cookies

 Vegetarian

READY IN



73 min.

SERVINGS



14

CALORIES



186 kcal

DESSERT

### Ingredients

- 0.8 teaspoons baking soda
- 1 large egg plus 1 tablespoon of egg beaten
- 6.8 ounces flour all-purpose
- 0.5 cup granulated sugar
- 0.8 cups brown sugar light packed
- 0.8 teaspoons salt
- 4 oz butter unsalted melted
- 1 teaspoon vanilla

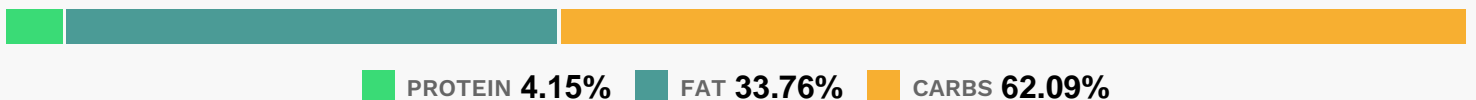
## Equipment

- bowl
- baking sheet
- oven
- blender
- hand mixer
- aluminum foil

## Directions

- Beat together butter and both sugars in a large bowl with an electric mixer at high speed for 2–3 minutes. The mixture will become pale and a bit lighter.
- Add egg to butter mixture, beating with mixer until creamy, about 1 minute. Beat in vanilla, baking soda and salt. By hand, stir in flour until just blended; stir in chocolate chips. Using a VERY generously heaping tablespoon measure, scoop up 14 mounds of dough and arrange on a foil lined plate. Chill until firm (recommended) or bake immediately. Preheat oven to 350 degrees F or for crisper edges and softer centers, 375F. Have ready two ungreased or foil lined cookie sheets. You can line them with parchment if you want, but they the cookies will spread less if you use regular foil or just leave the cookie sheets ungreased. Arrange dough mounds about 2 ½ inches apart on cookie sheets (7 to a sheet). Press down centers just slightly.
- Bake 1 sheet at a time on center rack for about 12–15 minutes or until edges are browned.
- Let cookies cool on cookie sheet for about 3 minutes, then transfer cookies to a rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:10.36, Glycemic Load:12.59, Inflammation Score:-2, Nutrition Score:2.7369564797567%

## Nutrients (% of daily need)

Calories: 186.41kcal (9.32%), Fat: 7.07g (10.87%), Saturated Fat: 4.29g (26.84%), Carbohydrates: 29.25g (9.75%), Net Carbohydrates: 28.88g (10.5%), Sugar: 18.65g (20.72%), Cholesterol: 30.7mg (10.23%), Sodium: 192.84mg (8.38%), Alcohol: 0.1g (100%), Alcohol %: 0.28% (100%), Protein: 1.96g (3.91%), Selenium: 6.03µg (8.61%), Vitamin B1: 0.11mg (7.33%), Folate: 27.24µg (6.81%), Vitamin B2: 0.09mg (5.22%), Manganese: 0.1mg (5.2%), Vitamin A: 221.7IU (4.43%), Iron: 0.79mg (4.4%), Vitamin B3: 0.83mg (4.17%), Phosphorus: 24.38mg (2.44%), Calcium: 15.97mg (1.6%), Vitamin E: 0.23mg (1.56%), Copper: 0.03mg (1.5%), Fiber: 0.37g (1.49%), Vitamin B5: 0.14mg (1.4%), Vitamin D: 0.19µg (1.29%), Magnesium: 4.72mg (1.18%), Potassium: 37.87mg (1.08%), Zinc: 0.15mg (1.03%)