



Healthier Award Winning Soft Chocolate Chip Cookies

READY IN



90 min.

SERVINGS



72

CALORIES



145 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 1 cup butter softened
- ☐ 4 eggs
- ☐ 4.5 cups flour all-purpose
- ☐ 6.8 ounce vanilla pudding mix instant
- ☐ 1 cup raisins
- ☐ 2 cups semi chocolate chips

- ☐ 0.5 cup apple sauce unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups walnuts chopped
- ☐ 0.5 cup sugar white

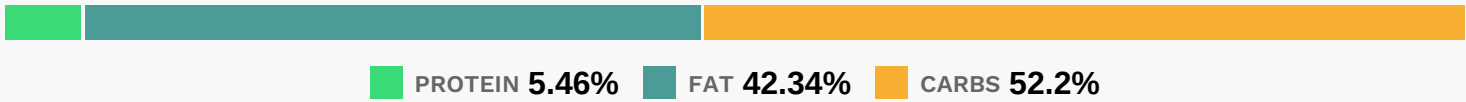
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Sift together flour and baking soda.
- ☐ Beat butter, applesauce, brown sugar, and white sugar with an electric mixer in a large bowl until smooth.
- ☐ Mix in instant pudding until well blended. Stir in eggs one at a time, allowing each egg to blend into butter mixture before adding the next. Beat in vanilla extract. Blend flour mixture into butter mixture until just incorporated. Fold in chocolate chips, raisins, and walnuts; mixing just enough to evenly combine. Drop spoonfuls of dough 2 inches apart onto ungreased baking sheets.
- ☐ Bake in preheated oven until edges of cookies are golden brown, 10 to 12 minutes. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:6.18, Inflammation Score:-2, Nutrition Score:3.1304347975099%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg,

Epicatechin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 144.65kcal (7.23%), Fat: 6.93g (10.66%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 18.22g (6.62%), Sugar: 10.08g (11.2%), Cholesterol: 16.17mg (5.39%), Sodium: 73.77mg (3.21%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 4.3mg (1.43%), Protein: 2.01g (4.02%), Manganese: 0.24mg (12.02%), Copper: 0.14mg (6.83%), Selenium: 4.11µg (5.88%), Vitamin B1: 0.08mg (5.19%), Iron: 0.91mg (5.04%), Folate: 18.88µg (4.72%), Magnesium: 17.09mg (4.27%), Phosphorus: 40.12mg (4.01%), Fiber: 1g (4%), Vitamin B2: 0.06mg (3.71%), Vitamin B3: 0.57mg (2.86%), Potassium: 79.86mg (2.28%), Zinc: 0.33mg (2.19%), Vitamin A: 95.63IU (1.91%), Vitamin B6: 0.03mg (1.65%), Calcium: 14.18mg (1.42%), Vitamin B5: 0.12mg (1.16%), Vitamin E: 0.16mg (1.06%)