



Healthier Best Big, Fat, Chewy Chocolate Chip Cookie

READY IN



85 min.

SERVINGS



18

CALORIES



245 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup blueberries
- 1 cup brown sugar packed
- 0.5 cup cranberries dried
- 1 eggs
- 1 egg yolk
- 2 cups flour all-purpose
- 0.3 cup non-fat yogurt plain

- 1 cup semi chocolate chips
- 0.5 cup butter unsalted melted
- 1 tablespoon vanilla extract
- 0.5 cup sugar white

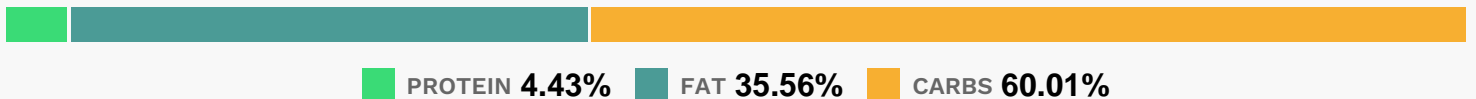
Equipment

- bowl
- baking sheet
- baking paper
- oven
- wooden spoon

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease baking sheets or line with parchment paper.
- Sift together flour and baking soda in a small bowl; set aside.
- Beat melted butter, yogurt, brown sugar, and white sugar in a bowl until blended. Beat in vanilla extract, egg, and egg yolk until light and creamy; mix in flour mixture until just blended. Stir in chocolate chips, blueberries, and cranberries by hand using a wooden spoon. Drop 1/4 cup cookie dough 3-inches apart on prepared baking sheets.
- Bake in preheated oven until edges are lightly toasted, 15 to 17 minutes. Cool on baking sheets for 5 minutes before transferring to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:11.34, Glycemic Load:11.78, Inflammation Score:-3, Nutrition Score:4.6291304723076%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Petunidin: 1.3mg, Petunidin: 1.3mg, Petunidin: 1.3mg, Petunidin: 1.3mg Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg Malvidin: 2.78mg, Malvidin: 2.78mg, Malvidin: 2.78mg, Malvidin: 2.78mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 245.08kcal (12.25%), Fat: 9.76g (15.01%), Saturated Fat: 5.71g (35.69%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 35.6g (12.95%), Sugar: 24.23g (26.92%), Cholesterol: 34.49mg (11.5%), Sodium: 41.64mg (1.81%), Alcohol: 0.25g (100%), Alcohol %: 0.5% (100%), Caffeine: 8.6mg (2.87%), Protein: 2.74g (5.47%), Manganese: 0.26mg (13.06%), Selenium: 7.2µg (10.29%), Iron: 1.46mg (8.14%), Copper: 0.16mg (7.99%), Vitamin B1: 0.12mg (7.89%), Folate: 28.82µg (7.21%), Vitamin B2: 0.1mg (5.96%), Fiber: 1.45g (5.81%), Magnesium: 23.1mg (5.78%), Phosphorus: 55.78mg (5.58%), Vitamin B3: 0.96mg (4.82%), Vitamin A: 195.78IU (3.92%), Zinc: 0.46mg (3.05%), Potassium: 105.06mg (3%), Calcium: 27.4mg (2.74%), Vitamin E: 0.36mg (2.41%), Vitamin K: 2.27µg (2.17%), Vitamin B5: 0.21mg (2.07%), Vitamin B12: 0.08µg (1.38%), Vitamin B6: 0.03mg (1.35%), Vitamin D: 0.2µg (1.34%)