



## Healthier Best Chocolate Chip Cookies

READY IN



60 min.

SERVINGS



48

CALORIES



134 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 0.5 cup butter softened
- 4 egg whites
- 3 cups flour all-purpose
- 0.5 cup orange juice
- 2 cups semi chocolate chips
- 0.3 cup sweet potato puree
- 2 teaspoons vanilla extract

- 1 cup walnuts chopped
- 2 teaspoons water hot
- 0.5 cup sugar white

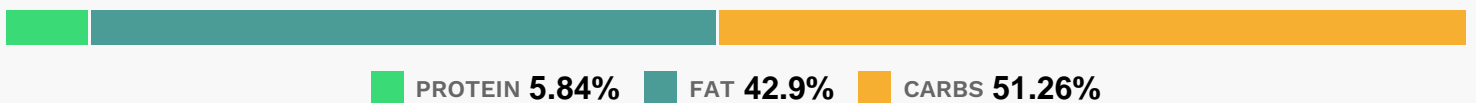
## Equipment

- bowl
- baking sheet
- oven
- hand mixer

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Beat butter, sweet potato, white sugar, brown sugar, and orange juice with an electric mixer in a large bowl until smooth.
- Add eggs whites one at a time, allowing each egg to blend into butter mixture before adding the next. Beat in vanilla extract. Dissolve baking soda in hot water in a small bowl.
- Add to sweet potato batter. Stir in flour, chocolate chips, and walnuts.
- Roll dough into walnut-sized balls and place 2 inches apart onto ungreased baking sheets.
- Bake in preheated oven until edges are nicely browned, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:5.56, Glycemic Load:5.94, Inflammation Score:-4, Nutrition Score:3.447391314351%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 134.45kcal (6.72%), Fat: 6.48g (9.96%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 16.38g (5.96%), Sugar: 9.71g (10.79%), Cholesterol: 5.53mg (1.84%), Sodium: 44.99mg (1.96%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.98g (3.96%), Manganese: 0.25mg (12.36%), Copper: 0.15mg (7.51%), Vitamin A: 348.76IU (6.98%), Selenium: 3.99µg (5.71%), Iron: 0.96mg (5.33%), Vitamin B1: 0.08mg (5.08%), Magnesium: 20.2mg (5.05%), Folate: 17.76µg (4.44%), Fiber: 1.03g (4.11%), Phosphorus: 38.73mg (3.87%), Vitamin B2: 0.06mg (3.56%), Vitamin B3: 0.59mg (2.96%), Potassium: 84.75mg (2.42%), Zinc: 0.34mg (2.26%), Vitamin C: 1.61mg (1.95%), Calcium: 13.64mg (1.36%), Vitamin B6: 0.03mg (1.32%), Vitamin B5: 0.1mg (1.02%)