



Healthified Chocolate Chip Cookies

READY IN



50 min.

SERVINGS



42

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup canola oil
- ☐ 1 eggs
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup semisweet chocolate chips miniature
- ☐ 1 teaspoon vanilla

☐ 2 cups flour whole wheat gold medal®

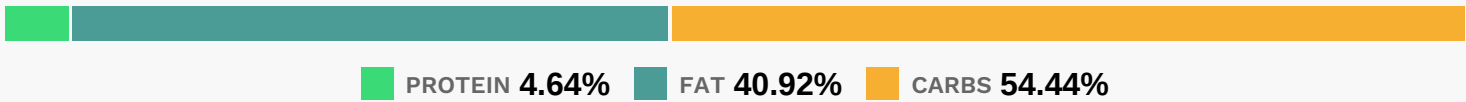
Equipment

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

Directions

- ☐ Heat oven to 375°F. In large bowl, beat sugars, butter, oil, vanilla and egg with electric mixer on low speed until blended. Beat in flour, baking soda and salt until well blended. Stir in chocolate chips.
- ☐ On ungreased cookie sheet, drop dough by rounded measuring tablespoonfuls about 2 inches apart.
- ☐ Bake 7 to 9 minutes or until very light golden brown (centers will be soft). Cool 1 minute; remove from cookie sheet to cooling rack.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:2.49, Inflammation Score:-1, Nutrition Score:2.3978260891593%

Nutrients (% of daily need)

Calories: 98.43kcal (4.92%), Fat: 4.6g (7.07%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 12.81g (4.66%), Sugar: 8.97g (9.96%), Cholesterol: 9.96mg (3.32%), Sodium: 60.44mg (2.63%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Caffeine: 3.63mg (1.21%), Protein: 1.17g (2.35%), Manganese: 0.29mg (14.58%), Selenium: 4.3µg (6.15%), Copper: 0.08mg (3.95%), Magnesium: 15.81mg (3.95%), Fiber: 0.95g (3.8%), Phosphorus: 34.27mg (3.43%), Iron: 0.52mg (2.9%), Vitamin B1: 0.03mg (2.04%), Zinc: 0.28mg (1.85%), Vitamin B3: 0.33mg (1.63%), Vitamin E: 0.23mg (1.55%), Vitamin A: 75.82IU (1.52%), Potassium: 52.23mg (1.49%), Vitamin B6: 0.03mg (1.41%), Vitamin B2: 0.02mg (1.06%)