



High Altitude Banana Chocolate Chip Cookies

READY IN



60 min.

SERVINGS



60

CALORIES



114 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup banana mashed
- 0.5 cup brown sugar
- 1 cup butter softened
- 2 eggs
- 3.5 cups flour all-purpose
- 0.5 teaspoon salt
- 2 cups semi chocolate chips

- 1 teaspoon vanilla extract
- 1 cup sugar white

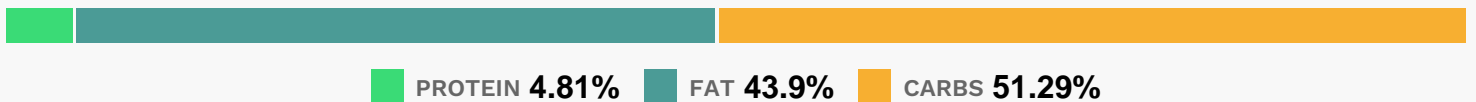
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Sift together the flour, baking powder, baking soda and salt, set aside.
- In a large bowl, cream together the butter, sugar and brown sugar. Beat in the eggs, one at a time, then stir in the vanilla and mashed banana.
- Mix in the dry ingredients until just blended, then fold in chocolate chips. Drop by rounded spoonfuls onto prepared cookie sheets.
- Bake for 11 to 13 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:6.79, Inflammation Score:-2, Nutrition Score:2.4030434975158%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg

Nutrients (% of daily need)

Calories: 113.87kcal (5.69%), Fat: 5.6g (8.62%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 13.95g (5.07%), Sugar: 7.8g (8.67%), Cholesterol: 13.95mg (4.65%), Sodium: 58.75mg (2.55%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Caffeine: 5.16mg (1.72%), Protein: 1.38g (2.76%), Manganese: 0.14mg (7.06%), Selenium: 3.54µg (5.06%), Copper: 0.09mg (4.53%), Iron: 0.78mg (4.31%), Vitamin B1: 0.06mg (4.07%),

Folate: 14.91µg (3.73%), Magnesium: 13.62mg (3.4%), Fiber: 0.77g (3.1%), Phosphorus: 29.65mg (2.96%), Vitamin B2: 0.05mg (2.96%), Vitamin B3: 0.51mg (2.55%), Vitamin A: 107.87IU (2.16%), Potassium: 60.8mg (1.74%), Zinc: 0.24mg (1.59%), Calcium: 12.22mg (1.22%), Vitamin B6: 0.02mg (1.12%)