



Inside-Out Chocolate Chip Cookies

READY IN



70 min.

SERVINGS



54

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 1 cup granulated sugar
- ☐ 0.8 cup brown sugar packed
- ☐ 0.8 cup butter softened
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup cocoa powder
- ☐ 1 teaspoon baking soda

- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups peppermint candies white
- ☐ 1 cup nuts chopped

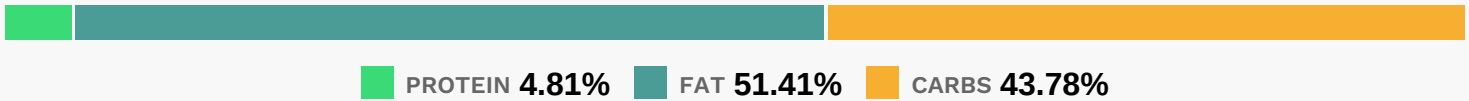
Equipment

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

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix sugars, butter, shortening, vanilla and eggs in large bowl. Stir in flour, cocoa, baking soda and salt. Stir in white baking chips and nuts.
- ☐ Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.
- ☐ Bake 10 to 12 minutes or until set. Cool slightly; remove from cookie sheet. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:5.91, Inflammation Score:-1, Nutrition Score:2.1026086837215%

Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 142.2kcal (7.11%), Fat: 8.43g (12.97%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 15.47g (5.62%), Sugar: 10.44g (11.6%), Cholesterol: 12.84mg (4.28%), Sodium: 59.27mg (2.58%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 1.78g (3.55%), Manganese: 0.12mg (6.22%), Selenium: 2.67µg (3.81%), Copper: 0.08mg (3.78%), Vitamin B1: 0.05mg (3.51%), Folate: 13.07µg (3.27%), Iron: 0.53mg (2.96%),

Magnesium: 11.79mg (2.95%), Phosphorus: 27.8mg (2.78%), Fiber: 0.69g (2.76%), Vitamin B2: 0.05mg (2.65%),
Vitamin B3: 0.49mg (2.45%), Calcium: 17.89mg (1.79%), Vitamin A: 87.99IU (1.76%), Zinc: 0.22mg (1.48%), Vitamin E:
0.21mg (1.41%), Vitamin K: 1.27µg (1.21%), Potassium: 41.47mg (1.18%), Vitamin B5: 0.1mg (1.05%)