



Irresistible Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



40

CALORIES



154 kcal

DESSERT

Ingredients

- 1.3 teaspoons baking soda
- 1 cup brown sugar dark packed
- 1 large eggs
- 2.8 cups flour all-purpose
- 0.5 cup granulated sugar
- 40 servings kosher salt
- 12 ounces semi chocolate chips
- 2 sticks butter unsalted at room temperature
- 1 teaspoon vanilla extract

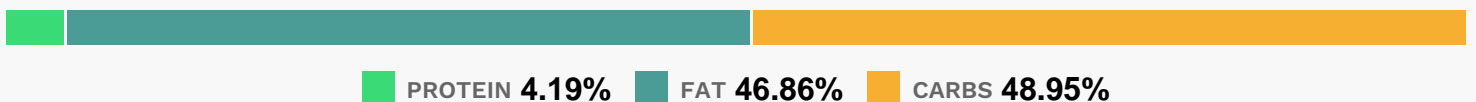
Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender
- hand mixer
- aluminum foil

Directions

- Heat oven to 375 F. Line 2 baking sheets with parchment paper or aluminum foil. With an electric mixer on medium-high, beat the butter, sugars, and vanilla for 3 minutes.
- Add the egg and beat until combined. In a separate bowl, whisk together the flour, 1/2 teaspoon salt, and the baking soda. Reduce mixer speed to low and slowly add the flour mixture to the egg mixture until combined. Stir in the chocolate chips. Scoop the dough into tablespoon-size mounds and place on the prepared baking sheets, 2 inches apart.
- Bake until lightly browned at the edges, 12 to 15 minutes. Cool on the baking sheets for 5 minutes.
- Transfer cookies to wire racks and cool completely.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:6.49, Inflammation Score:-2, Nutrition Score:2.8973913244579%

Nutrients (% of daily need)

Calories: 153.64kcal (7.68%), Fat: 8.05g (12.39%), Saturated Fat: 4.83g (30.18%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 18.01g (6.55%), Sugar: 11g (12.22%), Cholesterol: 17.31mg (5.77%), Sodium: 232.98mg (10.13%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Caffeine: 7.31mg (2.44%), Protein: 1.62g (3.24%), Manganese:

0.18mg (8.81%), Copper: 0.12mg (6.17%), Selenium: 4.15µg (5.93%), Iron: 1mg (5.56%), Vitamin B1: 0.07mg (4.73%), Magnesium: 17.63mg (4.41%), Folate: 16.54µg (4.13%), Fiber: 0.91g (3.65%), Phosphorus: 35.45mg (3.55%), Vitamin B2: 0.05mg (3.22%), Vitamin A: 152.2IU (3.04%), Vitamin B3: 0.59mg (2.94%), Zinc: 0.31mg (2.06%), Potassium: 68.05mg (1.94%), Vitamin E: 0.2mg (1.33%), Calcium: 13.34mg (1.33%)