



## Jack's Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



72

CALORIES



130 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 2 eggs
- 2 cups flour all-purpose
- 2 tablespoons milk
- 2.5 cups rolled oats
- 1 teaspoon salt
- 3 cups semi chocolate chips

- 1 cup butter unsalted
- 2 teaspoons vanilla extract
- 1.5 cups walnuts chopped
- 1 cup sugar white

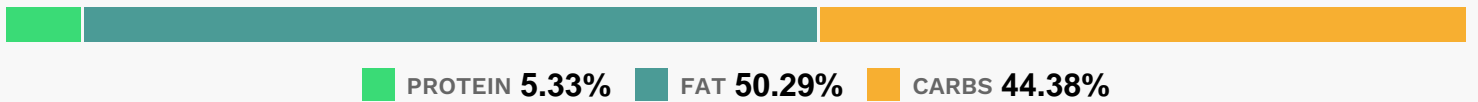
## Equipment

- bowl
- baking sheet
- oven
- wooden spoon

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, cream the butter, brown sugar and white sugar until smooth.
- Add the eggs one at a time, beating after each addition. Stir in the milk and vanilla. Sift together the flour, baking powder, baking soda and salt, stir into the creamed mixture. Using a wooden spoon, stir in the rolled oats, chocolate chips and walnuts.
- Roll the dough into walnut sized balls, and place 2 inches apart on an unprepared cookie sheet.
- Bake for 10 to 12 minutes in the preheated oven. Cool cookies on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:4.65, Glycemic Load:4.56, Inflammation Score:-2, Nutrition Score:3.0943478310238%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 129.93kcal (6.5%), Fat: 7.38g (11.35%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 13.5g (4.91%), Sugar: 8.63g (9.59%), Cholesterol: 11.83mg (3.94%), Sodium: 57.56mg (2.5%), Alcohol: 0.04g (100%), Alcohol %: 0.18% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.76g (3.52%), Manganese: 0.31mg (15.57%), Copper: 0.15mg (7.57%), Magnesium: 22.26mg (5.57%), Iron: 0.88mg (4.87%), Phosphorus: 48.17mg (4.82%), Selenium: 3.21µg (4.58%), Fiber: 1.14g (4.57%), Vitamin B1: 0.05mg (3.45%), Zinc: 0.42mg (2.82%), Folate: 10.34µg (2.59%), Vitamin B2: 0.04mg (2.16%), Potassium: 74.55mg (2.13%), Vitamin A: 90.3IU (1.81%), Calcium: 16.84mg (1.68%), Vitamin B3: 0.33mg (1.67%), Vitamin B6: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.11%), Vitamin E: 0.16mg (1.08%)