



Jacques Torres' Secret Chocolate Chip Cookie

 Vegetarian

READY IN



27 min.

SERVINGS



48

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups bread flour
- ☐ 1 pound chocolate dark chopped
- ☐ 2 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup brown sugar light packed
- ☐ 1.5 cups pastry flour

- ☐ 1.5 teaspoons salt
- ☐ 0.5 pound butter unsalted room temperature
- ☐ 1.5 teaspoons vanilla

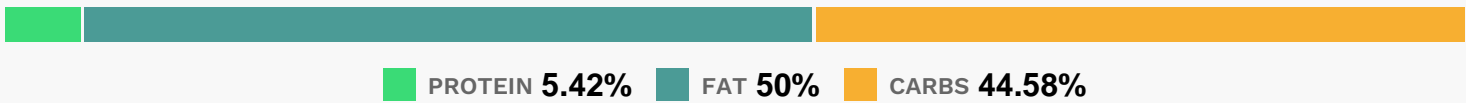
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees. Line baking sheets with parchment paper or nonstick baking mats; set aside. Don't grease the baking sheets because this might cause extra spreading. In the bowl of an electric mixer fitted with the paddle attachment, cream together butter and sugars.
- ☐ Add eggs, one at a time, mixing well after each addition. Reduce speed to low and add vanilla, then add both flours, baking powder, baking soda, salt and chocolate; mix until well combined. Using a 4-ounce scoop for larger cookies or a 1-ounce scoop for smaller cookies, (I used a very generously rounded tablespoon) scoop cookie dough onto prepared baking sheets, about 2 inches apart.
- ☐ Bake until lightly browned, but still soft, about 20 minutes for larger cookies and about 15 minutes for smaller cookies. If you use a rounded tablespoon, check your cookies at 12 minutes. Cool slightly on baking sheets before transferring to a wire rack to cool completely. If you use a very generously rounded tablespoon or a 1 scoop, you'll get about 4 dozen cookies.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:4.07, Inflammation Score:-2, Nutrition Score:3.7121739128362%

Nutrients (% of daily need)

Calories: 146.06kcal (7.3%), Fat: 8.22g (12.65%), Saturated Fat: 4.83g (30.2%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 14.97g (5.44%), Sugar: 8.85g (9.83%), Cholesterol: 18.19mg (6.06%), Sodium: 111.14mg (4.83%), Alcohol: 0.04g (100%), Alcohol %: 0.18% (100%), Caffeine: 7.56mg (2.52%), Protein: 2.01g (4.02%), Manganese: 0.37mg (18.59%), Copper: 0.19mg (9.7%), Iron: 1.38mg (7.64%), Selenium: 5.27µg (7.52%), Magnesium: 28.46mg (7.11%), Fiber: 1.53g (6.1%), Phosphorus: 53.56mg (5.36%), Zinc: 0.48mg (3.18%), Potassium: 95.45mg (2.73%), Vitamin A: 133.43IU (2.67%), Calcium: 19.84mg (1.98%), Vitamin B1: 0.03mg (1.75%), Vitamin B3: 0.33mg (1.67%), Vitamin B2: 0.03mg (1.62%), Vitamin E: 0.23mg (1.53%), Vitamin B6: 0.03mg (1.29%), Vitamin B5: 0.12mg (1.22%), Vitamin K: 1.11µg (1.06%), Folate: 4.11µg (1.03%)