



## Lauren's Chocolate Chip Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



44

CALORIES



82 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 3 tablespoons canola oil
- ☐ 1 cup chocolate chips (such as Sunspire)
- ☐ 2.5 tablespoons plus
- ☐ 3 large egg whites
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.3 cups pastry flour whole wheat

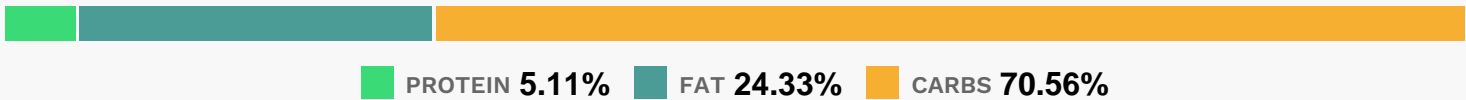
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

## Directions

- ☐ Combine oil and syrup in a large bowl; stir with a whisk.
- ☐ Add sugars; stir with a whisk until well blended. Stir in vanilla and egg whites.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, baking soda, and salt; stir with a whisk.
- ☐ Add flour mixture to sugar mixture, stirring until well combined. Stir in chips; cover and chill 1 hour.
- ☐ Preheat oven to 37
- ☐ Drop dough by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.
- ☐ Bake at 375 for 8 minutes or until almost set. Cool on pan 2 minutes or until firm.
- ☐ Remove from pan; cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:3.73, Glycemic Load:3.73, Inflammation Score:-1, Nutrition Score:1.5934782536781%

Nutrients (% of daily need)

Calories: 81.51kcal (4.08%), Fat: 2.26g (3.47%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 14.27g (5.19%), Sugar: 9.26g (10.29%), Cholesterol: 0mg (0%), Sodium: 57.03mg (2.48%), Alcohol: 0.05g (100%), Alcohol %: 0.27% (100%), Protein: 1.07g (2.13%), Manganese: 0.17mg (8.3%), Selenium: 3.83µg (5.47%), Vitamin B1: 0.05mg (3.06%), Folate: 8.13µg (2.03%), Vitamin B2: 0.03mg (1.98%), Vitamin B3: 0.39mg (1.93%), Fiber: 0.46g (1.84%), Iron: 0.32mg (1.76%), Phosphorus: 16.5mg (1.65%), Magnesium: 6.07mg (1.52%), Vitamin E: 0.19mg (1.29%), Copper: 0.02mg (1.08%), Potassium: 36.78mg (1.05%)