



Light Chocolate Chip Cookies

READY IN



35 min.

SERVINGS



24

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 6 tablespoons butter
- ☐ 1 egg white
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons water

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0.3 cup sugar white

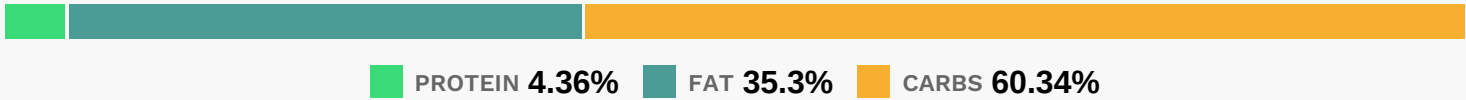
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream the butter with the brown and white sugars. Stir in the vanilla, egg white, and water. Sift together the flour, baking soda, and salt; stir into the creamed mixture.
- ☐ Mix in the chocolate chips.
- ☐ Drop dough by heaping spoonfuls onto ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool for 1 minute on baking sheets before transferring to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:5.77, Inflammation Score:-1, Nutrition Score:1.905652164765%

Nutrients (% of daily need)

Calories: 110.28kcal (5.51%), Fat: 4.36g (6.71%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 16.26g (5.91%), Sugar: 10.17g (11.3%), Cholesterol: 7.75mg (2.58%), Sodium: 85.58mg (3.72%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Caffeine: 3.22mg (1.08%), Protein: 1.21g (2.42%), Manganese: 0.11mg (5.39%), Selenium: 3.34µg (4.78%), Vitamin B1: 0.06mg (4.18%), Folate: 14.52µg (3.63%), Iron: 0.65mg (3.62%), Copper: 0.06mg (3.1%), Vitamin B2: 0.05mg (2.8%), Vitamin B3: 0.5mg (2.52%), Magnesium: 9.17mg (2.29%), Fiber: 0.51g (2.04%), Phosphorus: 19.5mg (1.95%), Vitamin A: 89.34IU (1.79%), Potassium: 41.81mg (1.19%), Zinc: 0.16mg (1.07%), Calcium: 10.23mg (1.02%)