



Lighter Chocolate Chip Cookies



Vegetarian

READY IN

ready

97 min.

SERVINGS

servings

12

CALORIES

calories

206 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons agave nectar
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs room temperature
- ☐ 0.7 cup light-brown sugar packed
- ☐ 0.5 cup rolled oats not quick-cooking
- ☐ 0.1 teaspoon salt
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 4 tablespoons butter unsalted softened

- ☐ 2 teaspoons vanilla extract pure
- ☐ 1 cup pastry flour whole-wheat

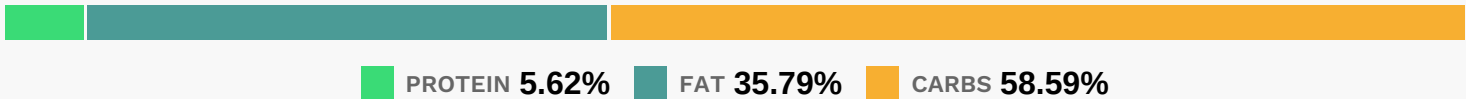
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Combine the oats, flour, baking soda and salt in a food processor and pulse until the oats are finely ground. Set aside.
- ☐ In the bowl of an electric mixer, cream the butter, sugar and agave nectar until light and fluffy.
- ☐ Add the egg and vanilla and mix until smooth and glossy. Reduce mixer speed to the lowest setting and gradually add the flour mixture until just incorporated; stir in the chocolate.
- ☐ Drop level tablespoons of the dough onto silicone mat lined baking sheets, 2 inches apart (12 cookies per sheet).
- ☐ Transfer the sheets to the refrigerator and chill the cookies until solid, about 30 minutes.
- ☐ Bake until lightly golden around edges, about 12 to 14 minutes, rotating the pans halfway through.
- ☐ Remove the baking sheets from the oven and let cool on the sheets for 1 minute; transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:1.38, Inflammation Score:-2, Nutrition Score:5.6782607876736%

Nutrients (% of daily need)

Calories: 205.58kcal (10.28%), Fat: 8.3g (12.76%), Saturated Fat: 4.69g (29.31%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 28.38g (10.32%), Sugar: 19.07g (21.19%), Cholesterol: 26.1mg (8.7%), Sodium: 58.49mg (2.54%), Alcohol: 0.23g (100%), Alcohol %: 0.58% (100%), Caffeine: 8.13mg (2.71%), Protein: 2.93g (5.86%), Manganese: 0.67mg (33.28%), Selenium: 9.51µg (13.59%), Magnesium: 36.82mg (9.21%), Copper: 0.18mg (9.13%), Fiber: 2.18g (8.71%), Phosphorus: 84.07mg (8.41%), Iron: 1.27mg (7.04%), Vitamin B1: 0.08mg (5.14%), Zinc: 0.7mg (4.64%), Potassium: 126.44mg (3.61%), Vitamin B6: 0.07mg (3.6%), Vitamin B3: 0.67mg (3.35%), Vitamin B2: 0.06mg (3.31%), Vitamin A: 144.74IU (2.89%), Calcium: 24.75mg (2.48%), Vitamin K: 2.46µg (2.34%), Folate: 9.28µg (2.32%), Vitamin E: 0.34mg (2.3%), Vitamin B5: 0.21mg (2.12%), Vitamin C: 0.89mg (1.08%), Vitamin B12: 0.06µg (1.03%), Vitamin D: 0.15µg (1.02%)