



## Macadamia Nut Chocolate Chip Cookies

READY IN



40 min.

SERVINGS



36

CALORIES



117 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup butter softened
- 0.3 cup brown sugar dark packed
- 1 eggs
- 1.1 cups flour all-purpose sifted
- 1 cup macadamia nuts chopped
- 0.5 teaspoon salt
- 1.3 cups semi chocolate chips
- 1 teaspoon vanilla extract

0.3 cup sugar white

## Equipment

bowl

baking sheet

oven

## Directions

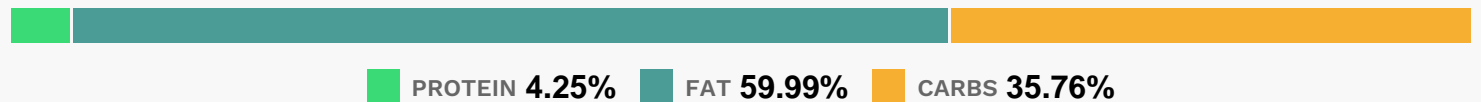
Preheat oven to 375 degrees F (190 degrees C). Lightly grease 2 large cookie sheets with vegetable shortening.

Cream the butter and sugars together in a large bowl. Beat in the egg and vanilla extract until well blended. Sift together the flour, baking soda, and salt; gradually blend into the batter. Stir in the chopped macadamia nuts and chocolate chips. Drop by rounded teaspoonfuls onto the cookie sheets, about 2 inches apart.

Bake in preheated oven for 10 to 12 minutes, or until the cookies are golden brown.

Remove from the oven, and transfer the cookies to cooling racks.

## Nutrition Facts



## Properties

Glycemic Index:5.7, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:2.573478281012%

## Nutrients (% of daily need)

Calories: 116.68kcal (5.83%), Fat: 7.93g (12.2%), Saturated Fat: 3.49g (21.82%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 9.71g (3.53%), Sugar: 6.32g (7.02%), Cholesterol: 11.7mg (3.9%), Sodium: 70.99mg (3.09%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Caffeine: 5.38mg (1.79%), Protein: 1.26g (2.53%), Manganese: 0.27mg (13.26%), Copper: 0.11mg (5.69%), Vitamin B1: 0.08mg (5.19%), Magnesium: 17.11mg (4.28%), Iron: 0.75mg (4.17%), Fiber: 0.93g (3.7%), Selenium: 2.43µg (3.47%), Phosphorus: 30.73mg (3.07%), Vitamin B2: 0.04mg (2.09%), Folate: 8.25µg (2.06%), Vitamin B3: 0.38mg (1.9%), Vitamin A: 88.51IU (1.77%), Zinc: 0.26mg (1.74%), Potassium: 58.68mg (1.68%), Calcium: 10.81mg (1.08%)