



Malted Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



40

CALORIES



161 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 40 servings malted chocolate chip cookies
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 cup brown sugar light
- ☐ 0.5 cup liquid malt extract (such as Carnation or Horlick's)
- ☐ 1 teaspoon salt
- ☐ 2 cups semi chocolate chips

- ☐ 1 cup butter unsalted cold cut into pieces (2 sticks)
- ☐ 1 teaspoon vanilla extract

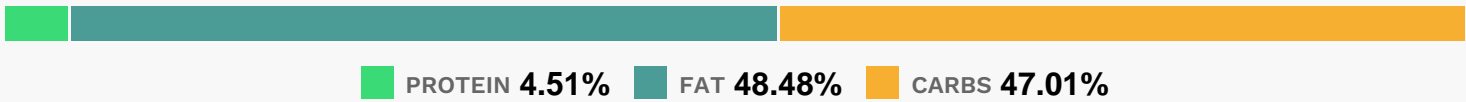
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees.Sift together the flour, baking soda and salt and set aside
- ☐ In the bowl of a stand mixer with the paddle attached, beat the butter and both sugars for about 3–5 minutes or until very light. Reduce speed slightly and add the vanilla and eggs, beating just until mixed.
- ☐ Add the malt powder and mix at low speed just until combined. One-third at a time, add the flour mixture, beating after each addition just until combined. Gently mix in the chocolate chips. Drop by tablespoons onto the baking sheets.to 10 (mine took 10–12 minutes), depending on how crispy you like your cookies. The cookies will be flat.
- ☐ Let cool on the cookie sheets for about 5 minutes or until sturdy enough to remove, then transfer to wire racks to finish cooling.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:6.38, Inflammation Score:-2, Nutrition Score:3.0269564903625%

Nutrients (% of daily need)

Calories: 161.24kcal (8.06%), Fat: 8.75g (13.46%), Saturated Fat: 5.16g (32.23%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 18.17g (6.61%), Sugar: 12.16g (13.51%), Cholesterol: 22.5mg (7.5%), Sodium: 101.82mg (4.43%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Caffeine: 7.74mg (2.58%), Protein: 1.83g (3.67%), Manganese: 0.17mg (8.48%), Copper: 0.13mg (6.47%), Selenium: 4.03µg (5.75%), Iron: 0.96mg (5.32%), Magnesium: 19.8mg (4.95%), Vitamin B1: 0.06mg (4.3%), Phosphorus: 42.72mg (4.27%), Vitamin B2: 0.07mg (3.86%), Fiber: 0.92g

(3.67%), Folate: 14.21µg (3.55%), Vitamin A: 163.32IU (3.27%), Vitamin B3: 0.56mg (2.78%), Potassium: 81.91mg (2.34%), Zinc: 0.34mg (2.28%), Calcium: 17.44mg (1.74%), Vitamin E: 0.22mg (1.47%), Vitamin B5: 0.11mg (1.14%), Vitamin K: 1.16µg (1.1%), Vitamin B12: 0.06µg (1.01%)