



Mellow Chocolate Chip Cookies

READY IN



20 min.

SERVINGS



1

CALORIES



3795 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 1 cup marshmallows miniature
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup cocoa powder unsweetened

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

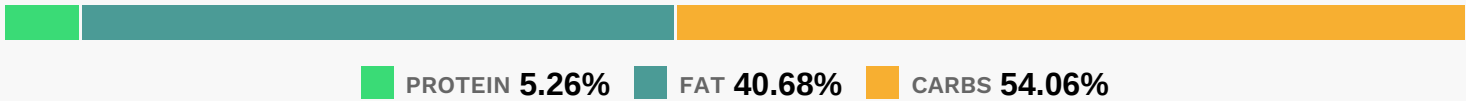
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together butter, brown sugar and white sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla.
- ☐ Combine the flour, cocoa, baking soda and salt; stir into the creamed mixture.
- ☐ Mix in the chocolate chips and marshmallows. Drop by rounded spoonfuls onto the prepared cookie sheets about 2 inches apart.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:255.59, Glycemic Load:215.17, Inflammation Score:-10, Nutrition Score:62.124782479328%

Flavonoids

Catechin: 13.94mg, Catechin: 13.94mg, Catechin: 13.94mg, Catechin: 13.94mg Epicatechin: 42.23mg, Epicatechin: 42.23mg, Epicatechin: 42.23mg, Epicatechin: 42.23mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 3794.86kcal (189.74%), Fat: 174.89g (269.06%), Saturated Fat: 102.85g (642.82%), Carbohydrates: 522.85g (174.28%), Net Carbohydrates: 494.54g (179.83%), Sugar: 302.99g (336.66%), Cholesterol: 582.18mg

(194.06%), Sodium: 2629.4mg (114.32%), Alcohol: 0.69g (100%), Alcohol %: 0.1% (100%), Caffeine: 204.25mg (68.08%), Protein: 50.91g (101.83%), Manganese: 4.81mg (240.55%), Copper: 3.55mg (177.43%), Selenium: 123.28µg (176.12%), Iron: 27.03mg (150.17%), Magnesium: 496.2mg (124.05%), Vitamin B1: 1.83mg (122.21%), Folate: 453.56µg (113.39%), Fiber: 28.31g (113.25%), Phosphorus: 1072.06mg (107.21%), Vitamin B2: 1.68mg (98.99%), Vitamin B3: 15.17mg (75.87%), Vitamin A: 3401.56IU (68.03%), Zinc: 9.07mg (60.46%), Potassium: 1884.02mg (53.83%), Calcium: 342.83mg (34.28%), Vitamin E: 4.77mg (31.81%), Vitamin B5: 3.17mg (31.75%), Vitamin B12: 1.3µg (21.67%), Vitamin K: 22.36µg (21.3%), Vitamin B6: 0.38mg (19.15%), Vitamin D: 1.76µg (11.73%)