



Mom's Excellent Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



187 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup butter shortening flavored
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose sifted
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract

- ☐ 0.5 cup walnuts chopped
- ☐ 0.5 cup sugar white

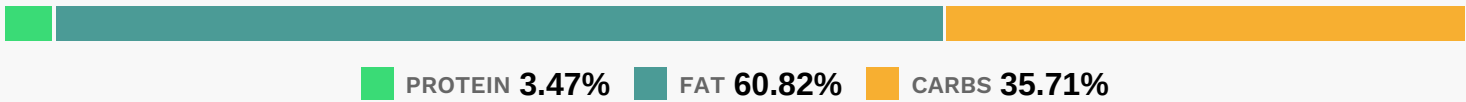
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ Cream butter, shortening, both sugars, egg, and vanilla in an electric mixer until fluffy.
- ☐ Stir in sifted dry ingredients.
- ☐ Add chocolate chips and walnuts.
- ☐ Drop by teaspoonfuls, 2 inches apart onto greased cookie sheet.
- ☐ Bake for 10–12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:5.82, Inflammation Score:-2, Nutrition Score:3.0008695187128%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 186.55kcal (9.33%), Fat: 12.81g (19.7%), Saturated Fat: 5.37g (33.54%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 16.02g (5.83%), Sugar: 11.47g (12.74%), Cholesterol: 17.44mg (5.81%), Sodium: 106.67mg (4.64%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.64g (3.29%), Manganese: 0.22mg (11.11%), Copper: 0.14mg (7.19%), Iron: 0.86mg (4.77%), Magnesium: 18.95mg (4.74%), Selenium: 3.21µg (4.58%), Phosphorus: 38.52mg (3.85%), Fiber: 0.9g (3.62%), Vitamin B1: 0.05mg (3.56%), Folate: 12.97µg (3.24%), Vitamin K: 3.23µg (3.08%), Vitamin E: 0.46mg (3.03%), Vitamin A: 132.32IU (2.65%), Vitamin B2: 0.04mg (2.59%), Zinc: 0.34mg (2.27%), Vitamin B3: 0.41mg (2.03%), Potassium: 68.95mg (1.97%), Calcium: 13.92mg (1.39%), Vitamin

B5: 0.13mg (1.28%), Vitamin B6: 0.02mg (1.16%)