



My Big, Fat Chocolate Chip Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



441 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 8 ounce block chocolate dark coarsely chopped
- 2 large eggs
- 2.5 cups flour all-purpose
- 0.8 cup brown sugar light packed
- 1 teaspoon salt
- 1 cup butter unsalted at room temperature (2 sticks)
- 1 teaspoon vanilla extract pure

0.5 cup sugar white

Equipment

bowl

frying pan

baking sheet

baking paper

oven

wire rack

blender

hand mixer

spatula

Directions

Watch how to make this recipe.

Preheat the oven to 350 degrees F.

Line 2 cookie sheets with parchment paper. Sift together the flour, baking soda, and salt into a medium bowl and set aside.

Place the butter, sugar, and brown sugar in the bowl of an electric mixer; cream together on medium speed until light and fluffy. Scrape down the sides of the bowl with a rubber spatula. Beat in the vanilla and eggs. Gradually add the dry ingredients to the creamed mixture and continue to mix until a smooth batter forms. Turn off the mixer and fold in the chocolate chunks using the spatula.

To form the cookies, scoop about 1/4 cup of cookie dough into your hands and roll it around into a ball; place them about 3-inches apart onto the prepared cookie sheets; you should get about 4 cookies on each pan. Press down the tops of the dough slightly and bake until the cookies are light brown, 12 minutes for chewy cookies, or about 15 minutes for crispy cookies.

Allow the cookies to cool on the baking sheets for 5 minutes before transferring to a wire rack to cool completely. Repeat with remaining dough/cookie sheets.

Nutrition Facts



■ PROTEIN 4.86% ■ FAT 49.65% ■ CARBS 45.49%

Properties

Glycemic Index:14.01, Glycemic Load:21.72, Inflammation Score:-5, Nutrition Score:9.2726086740908%

Nutrients (% of daily need)

Calories: 440.65kcal (22.03%), Fat: 24.47g (37.65%), Saturated Fat: 14.65g (91.54%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 47.69g (17.34%), Sugar: 26.34g (29.27%), Cholesterol: 72.24mg (24.08%), Sodium: 307.17mg (13.36%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Caffeine: 15.12mg (5.04%), Protein: 5.39g (10.78%), Manganese: 0.56mg (27.96%), Iron: 3.71mg (20.62%), Copper: 0.39mg (19.39%), Selenium: 13.08µg (18.68%), Vitamin B1: 0.22mg (14.34%), Folate: 52.28µg (13.07%), Magnesium: 51.48mg (12.87%), Vitamin B2: 0.19mg (11.16%), Fiber: 2.76g (11.05%), Phosphorus: 107.95mg (10.79%), Vitamin A: 525.1IU (10.5%), Vitamin B3: 1.77mg (8.84%), Zinc: 0.94mg (6.25%), Potassium: 198.02mg (5.66%), Vitamin E: 0.65mg (4.36%), Calcium: 38.56mg (3.86%), Vitamin B5: 0.36mg (3.6%), Vitamin D: 0.45µg (3%), Vitamin K: 2.81µg (2.67%), Vitamin B12: 0.16µg (2.65%), Vitamin B6: 0.04mg (1.95%)