



Nutty Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



42

CALORIES



133 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 large eggs at room temperature
- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 1 cup brown sugar light packed ()
- 0.5 teaspoon salt
- 2 cups semi chocolate chips
- 6 ounces butter unsalted softened
- 1.5 teaspoons vanilla extract pure

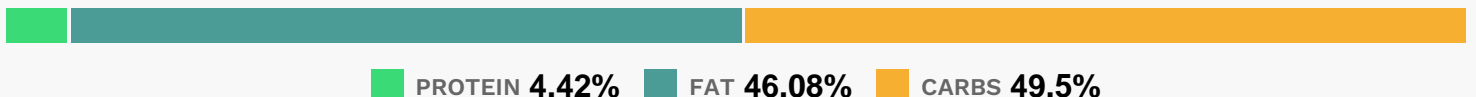
Equipment

- bowl
- baking sheet
- oven
- whisk
- hand mixer
- wax paper

Directions

- Preheat the oven to 350 and position racks in the middle and lower thirds of the oven. In a medium bowl, whisk the flour with the baking soda and salt.
- In a large bowl, using a handheld electric mixer, beat the butter at medium speed until creamy.
- Add the brown sugar and granulated sugar and beat until light and fluffy.
- Add the eggs and vanilla and beat until smooth. At low speed, beat in the dry ingredients. Stir in the chocolate chips and nuts.
- Arrange tablespoons of the cookie dough at least 1 1/2 inches apart on 2 large baking sheets and bake for about 11 minutes for soft and chewy cookies, about 13 minutes for chewy cookies or about 16 minutes for crisp cookies.
- Let the cookies cool on the baking sheets for 2 minutes before transferring them to wire racks.
- Make Ahead: The cookies can be stored in an airtight container between sheets of wax paper for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:3.45, Glycemic Load:4.95, Inflammation Score:-2, Nutrition Score:2.5756521821022%

Nutrients (% of daily need)

Calories: 133.22kcal (6.66%), Fat: 6.86g (10.56%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 16.58g (5.53%), Net Carbohydrates: 15.74g (5.72%), Sugar: 10.65g (11.83%), Cholesterol: 18.08mg (6.03%), Sodium: 60.05mg (2.61%), Alcohol: 0.05g (100%), Alcohol %: 0.22% (100%), Caffeine: 7.37mg (2.46%), Protein: 1.48g (2.96%), Manganese: 0.16mg (7.94%), Copper: 0.12mg (6.03%), Selenium: 3.59µg (5.12%), Iron: 0.9mg (5%), Magnesium: 17.25mg (4.31%), Phosphorus: 34.62mg (3.46%), Fiber: 0.85g (3.39%), Vitamin B1: 0.05mg (3.38%), Folate: 12.19µg (3.05%), Vitamin B2: 0.05mg (2.73%), Vitamin A: 118.35IU (2.37%), Vitamin B3: 0.43mg (2.17%), Zinc: 0.31mg (2.03%), Potassium: 66.46mg (1.9%), Calcium: 12.92mg (1.29%), Vitamin E: 0.17mg (1.15%)