



Nutty Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



145 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons milk
- ☐ 2 cups cooking oats quick
- ☐ 1 teaspoon salt
- ☐ 2 cups semi chocolate chips

- ☐ 0.5 cup butter unsalted
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup walnuts coarsely chopped
- ☐ 1 cup sugar white

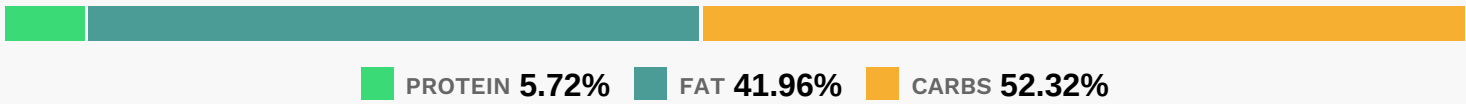
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, cream the margarine, butter and both sugars until light and fluffy.
- ☐ Add the eggs, milk and vanilla and beat until well blended.
- ☐ Sift the flour, baking powder, baking soda and salt together and add to the butter mixture. Stir just until blended. Stir in the oats until well blended. Fold in the chocolate and walnuts.
- ☐ Cover and refrigerate the dough for at least 1 hour.
- ☐ Preheat oven to 350 degrees. Grease cookie sheets.
- ☐ Take a teaspoonful (for small cookies) or a tablespoonful (for large cookies) of dough and shape the dough into balls. Flatten slightly into rounded disks.
- ☐ Place 2 inches apart on the cookie sheets and bake until the edges are slightly browned, about 10 minutes.
- ☐ Remove from the oven and let cool on the sheets for about 10 minutes.
- ☐ Remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:7.14, Inflammation Score:-2, Nutrition Score:3.6247825638756%

Flavonoids

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

Nutrients (% of daily need)

Calories: 144.79kcal (7.24%), Fat: 6.87g (10.57%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 18.06g (6.57%), Sugar: 11.54g (12.82%), Cholesterol: 12.43mg (4.14%), Sodium: 85.53mg (3.72%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.11g (4.22%), Manganese: 0.37mg (18.38%), Copper: 0.16mg (7.83%), Magnesium: 28.12mg (7.03%), Selenium: 4.34µg (6.2%), Iron: 1.02mg (5.67%), Phosphorus: 55.88mg (5.59%), Fiber: 1.22g (4.89%), Vitamin B1: 0.07mg (4.74%), Folate: 13.98µg (3.49%), Zinc: 0.45mg (2.99%), Vitamin B2: 0.05mg (2.83%), Potassium: 81.43mg (2.33%), Vitamin B3: 0.43mg (2.17%), Calcium: 20.56mg (2.06%), Vitamin A: 74.24IU (1.48%), Vitamin B6: 0.03mg (1.34%), Vitamin B5: 0.12mg (1.22%), Vitamin E: 0.16mg (1.08%)