



Outrageous White Chocolate Macadamia Cookies (White Whole Wheat Flour)

READY IN



45 min.

SERVINGS



30

CALORIES



175 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 1 cup brown sugar packed
- 0.5 cup granulated sugar
- 1 teaspoon vanilla
- 1 eggs
- 2 cups flour whole wheat white
- 1 teaspoon baking soda
- 0.3 teaspoon salt

- 6 oz chocolate white cut into 1/4- to 1/2-inch chunks
- 3 oz macadamia nuts coarsely chopped ()

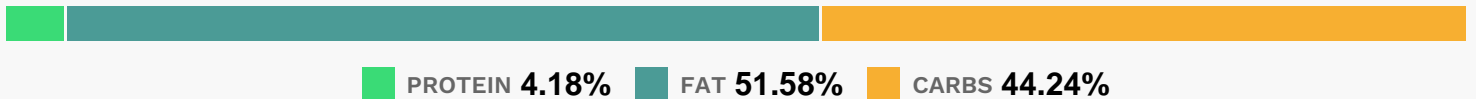
Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 350°F. In large bowl, beat butter, brown sugar, granulated sugar, vanilla and egg with electric mixer on medium speed until light and fluffy, or mix with spoon. Stir in flour, baking soda and salt (dough will be stiff). Stir in white chocolate chunks and nuts, using hands if necessary.
- Shape dough into 1 1/2-inch balls.
- Place balls on ungreased cookie sheets, about 2 inches apart (do not flatten).
- Bake 11 to 13 minutes or until light brown. Cool 1 to 2 minutes; remove from cookie sheet to cooling rack. Cool completely; store tightly covered.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:4.68, Inflammation Score:-2, Nutrition Score:1.7508695559657%

Nutrients (% of daily need)

Calories: 175.14kcal (8.76%), Fat: 10.34g (15.91%), Saturated Fat: 2.75g (17.2%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 18.9g (6.87%), Sugar: 13.94g (15.49%), Cholesterol: 6.65mg (2.22%), Sodium: 136.64mg (5.94%), Alcohol: 0.05g (100%), Alcohol %: 0.16% (100%), Protein: 1.89g (3.77%), Manganese: 0.12mg (6.16%), Vitamin A: 280.28IU (5.61%), Fiber: 1.06g (4.22%), Calcium: 28.26mg (2.83%), Vitamin B1: 0.04mg (2.59%), Iron: 0.39mg (2.14%), Vitamin E: 0.32mg (2.13%), Phosphorus: 20.25mg (2.03%), Vitamin B2: 0.03mg (1.81%), Copper: 0.03mg

(1.48%), Potassium: 50.67mg (1.45%), Magnesium: 5.45mg (1.36%), Selenium: 0.92µg (1.31%)