



Pistachio Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



84

CALORIES



73 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup butter
- ☐ 2 eggs
- ☐ 3.3 cups flour all-purpose sifted
- ☐ 3 ounce pistachio pudding mix instant
- ☐ 2 tablespoons milk
- ☐ 0.8 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract

- ☐ 1 cup walnuts chopped
- ☐ 1 cup sugar white

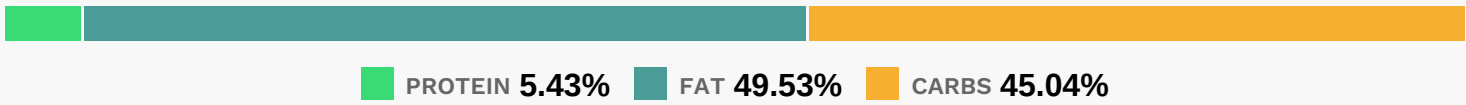
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease cookie sheets.
- ☐ Sift flour, baking powder and salt. Cream butter and sugar.
- ☐ Add eggs, milk and vanilla.
- ☐ Add flour mixture until blended. Do not overmix. By hand, mix in pistachio pudding mix, chocolate chips and nuts (optional).
- ☐ Shape by rounded teaspoonfuls into balls on sheet, about 2 1/2 inches apart. Flatten dough with dampened bottom of drinking glass.
- ☐ Bake for 8–10 minutes or until set. These cookies do not get very brown.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:4.38, Inflammation Score:-1, Nutrition Score:1.5895652370932%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 73.38kcal (3.67%), Fat: 4.09g (6.3%), Saturated Fat: 2g (12.49%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.98g (2.9%), Sugar: 4.18g (4.65%), Cholesterol: 9.88mg (3.29%), Sodium: 64.81mg (2.82%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 1.01g (2.02%), Manganese: 0.11mg (5.48%), Selenium: 2.26µg (3.24%), Vitamin B1: 0.04mg (2.95%), Copper: 0.06mg (2.89%), Phosphorus: 27.92mg (2.79%), Folate: 10.79µg (2.7%), Iron: 0.43mg (2.4%), Vitamin B2: 0.03mg (2%), Magnesium: 7.3mg (1.83%), Vitamin B3: 0.32mg (1.61%), Fiber: 0.4g (1.58%), Vitamin A: 75.14IU (1.5%), Calcium: 10.85mg (1.09%), Zinc: 0.15mg (1.01%)