



## Self-Rising Flour Double Chocolate Chip Cookies

READY IN



30 min.

SERVINGS



22

CALORIES



139 kcal

DESSERT

### Ingredients

- ☐ 224 grams chocolate chips plus dark for adding later
- ☐ 20 grams natural cocoa powder unsweetened
- ☐ 2 large eggs with a fork in a separate bowl lightly beaten
- ☐ 0.5 teaspoon espresso powder
- ☐ 47 grams granulated sugar
- ☐ 150 grams brown sugar light packed
- ☐ 1 pinch tiny of salt salted (omit if using butter)
- ☐ 60 grams butter unsalted salted softened

- ☐ 1 cup self-rising lily flour white (140 grams)
- ☐ 1.5 teaspoon vanilla extract

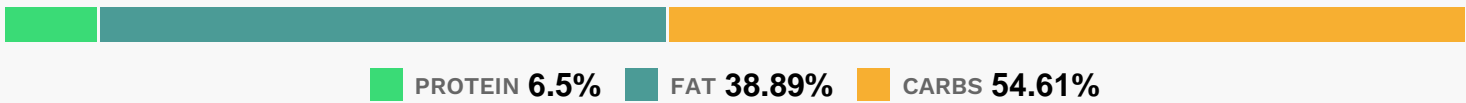
## Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer
- ☐ microwave

## Directions

- ☐ Melt 1 1/3 cups of the dark chocolate chips (8 oz) in a microwave-safe bowl at 50% power, stirring every 30 seconds until fully melted. Stir the cocoa powder and espresso powder into the melted chocolate and let cool slightly. In a mixing bowl using an electric mixer, beat the butter, salt (if using) and both sugars until creamy. With mixer on medium, add eggs 1 tablespoon at a time until incorporated, then beat for 1 minute. Beat in vanilla and melted chocolate mixture, scraping sides of bowl often. When chocolate is incorporated, stir in the flour. Make sure the dough is completely cool, then stir in the remaining 2/3 cup chocolate chips. Cover mixture and let sit until thickened. Preheat oven to 350 degrees F. Line 2 baking sheets with parchment paper or Silpats. Using a tablespoon measure, scoop up heaping tablespoons of dough and shape into balls. Arrange about 2 inches apart (6 to a sheet) on baking sheets. Press tops down slightly.
- ☐ Bake one sheet at a time on center rack for 10 minutes or just until cookies appear set.
- ☐ Let the cookies cool on baking sheets about 5 minutes or until set.

## Nutrition Facts



## Properties

Glycemic Index:8.5, Glycemic Load:4.16, Inflammation Score:-1, Nutrition Score:2.3665217548285%

## Flavonoids

Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 138.95kcal (6.95%), Fat: 6.1g (9.39%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 18.42g (6.7%), Sugar: 12.3g (13.67%), Cholesterol: 22.97mg (7.66%), Sodium: 20.21mg (0.88%), Alcohol: 0.09g (100%), Alcohol %: 0.36% (100%), Protein: 2.3g (4.59%), Selenium: 4.44µg (6.34%), Manganese: 0.1mg (5.05%), Calcium: 41.82mg (4.18%), Zinc: 0.53mg (3.56%), Copper: 0.07mg (3.54%), Phosphorus: 35.04mg (3.5%), Fiber: 0.86g (3.44%), Potassium: 101.21mg (2.89%), Magnesium: 10.94mg (2.74%), Vitamin B2: 0.05mg (2.71%), Iron: 0.44mg (2.44%), Vitamin E: 0.3mg (1.97%), Vitamin A: 94.97IU (1.9%), Vitamin B5: 0.19mg (1.85%), Folate: 6.59µg (1.65%), Vitamin B6: 0.03mg (1.35%), Vitamin B12: 0.07µg (1.23%), Vitamin B1: 0.02mg (1.16%), Vitamin B3: 0.2mg (1.01%)