



Soft Chocolate Chip Cookies I

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



178 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 2 eggs
- 2.5 cups flour all-purpose sifted
- 1 teaspoon salt
- 2 cups semi chocolate chips
- 1 cup shortening
- 1 teaspoon vanilla extract

0.5 cup walnut pieces chopped

Equipment

baking sheet

oven

Directions

Preheat oven to 375 degrees F (190 degrees C).

Mix sugar and shortening until smooth and fluffy. Beat eggs and add baking soda which has been dissolved in 1 tablespoon hot water.

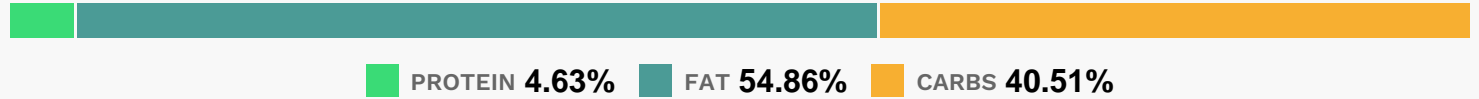
Sift flour and salt together and add to the creamed mixture.

Add vanilla and fold in nuts and chocolate chips.

Drop by spoonfuls onto lightly greased cookie sheets.

Bake for 9 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:2.64, Glycemic Load:4.82, Inflammation Score:-1, Nutrition Score:3.6213043642271%

Flavonoids

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

Nutrients (% of daily need)

Calories: 177.5kcal (8.88%), Fat: 10.9g (16.77%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 16.97g (6.17%), Sugar: 9.69g (10.76%), Cholesterol: 9.69mg (3.23%), Sodium: 101.62mg (4.42%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 8.6mg (2.87%), Protein: 2.07g (4.14%), Manganese: 0.25mg (12.61%), Copper: 0.17mg (8.39%), Selenium: 4.69µg (6.69%), Iron: 1.17mg (6.52%), Magnesium: 22.94mg (5.73%), Vitamin B1: 0.08mg (5.27%), Folate: 18.69µg (4.67%), Phosphorus: 46.09mg (4.61%), Fiber: 1.14g (4.57%), Vitamin K: 3.83µg (3.64%), Vitamin B2: 0.06mg (3.62%), Vitamin B3: 0.62mg (3.12%), Vitamin E: 0.45mg (3%), Zinc: 0.41mg (2.73%), Potassium: 84.83mg (2.42%), Vitamin B5: 0.16mg (1.62%), Calcium: 15.64mg (1.56%), Vitamin B6: 0.02mg (1.13%)