



WHATShEATE



Sour Cream-Chocolate Chip Cookie

READY IN



27 min.

SERVINGS



27

CALORIES



178 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.7 cup butter softened
- ☐ 0.5 tsp calumet baking powder
- ☐ 0.5 cup knudsen cream sour
- ☐ 1 eggs
- ☐ 2 cups flour
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup planters pecans chopped
- ☐ 1 cup semi-sweet chocolate chips

☐ 1 tsp vanilla

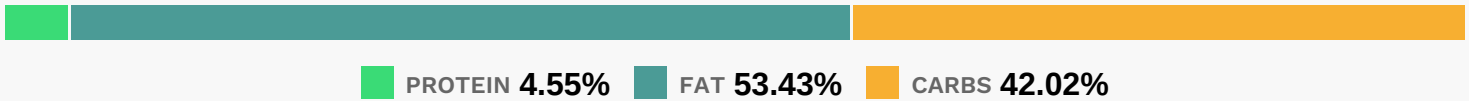
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350F.
- ☐ Beat butter and sugars in large bowl with electric mixer until light and fluffy.
- ☐ Add sour cream, egg and vanilla; beat until well blended.
- ☐ Add flour, baking powder, baking soda and salt; mix well. Stir in chocolate chips and nuts.
- ☐ Drop tablespoonfuls of dough, 2 inches apart, onto greased baking sheets.
- ☐ Bake 10 to 12 min. or until golden brown. Cool on baking sheets 3 min.; remove to wire racks. Cool completely.

Nutrition Facts



Properties

Glycemic Index:9.15, Glycemic Load:7.74, Inflammation Score:-3, Nutrition Score:3.7582608234623%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 177.87kcal (8.89%), Fat: 10.72g (16.49%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 17.84g (6.49%), Sugar: 10.37g (11.52%), Cholesterol: 8.96mg (2.99%), Sodium: 68.33mg (2.97%), Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Caffeine: 5.57mg (1.86%), Protein: 2.05g (4.11%), Manganese: 0.32mg (15.9%), Copper: 0.14mg (7.12%), Vitamin B1: 0.1mg (6.74%), Selenium: 4.55µg (6.5%), Iron: 1mg (5.58%), Vitamin A: 241.12IU (4.82%), Magnesium: 19.08mg (4.77%), Folate: 18.87µg (4.72%), Phosphorus: 46.96mg (4.7%), Fiber: 1.12g (4.48%), Vitamin B2: 0.07mg (4.19%), Vitamin B3: 0.66mg (3.28%), Zinc: 0.44mg (2.93%), Calcium: 23.75mg (2.37%), Potassium: 77.36mg (2.21%), Vitamin E: 0.3mg (2.01%), Vitamin B5: 0.14mg (1.41%), Vitamin B6: 0.02mg (1.04%)