



The Right Choice Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



12

CALORIES



535 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 1 teaspoon coconut extract
- 2 eggs
- 2 tablespoons milk
- 0.5 teaspoon salt
- 3 cups semi chocolate chips
- 0.5 cup shortening
- 2.3 cups flour all-purpose

0.8 cup granulated sugar white

Equipment

bowl

baking sheet

oven

Directions

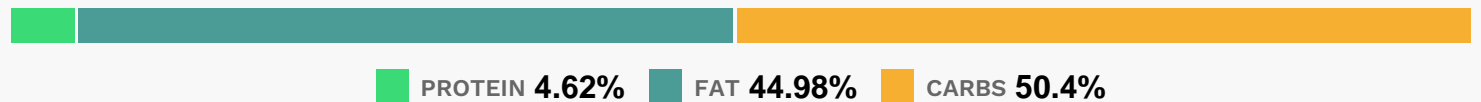
Preheat oven to 375 degrees F (190 degrees C).

Sift together the flour, baking soda and salt, set aside. In a medium bowl, cream the shortening with the brown sugar and white sugar. Stir in the eggs, coconut extract and milk. Then mix in the sifted dry ingredients. Finally, stir in the chocolate chips.

Drop cookie dough from a spoon in golf ball sized portions onto an unprepared cookie sheet.

Bake for 9 to 11 minutes in the preheated oven. Cookies should be slightly brown at the edges. Allow cookies to cool for a couple of minutes on the baking sheets before removing to cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:21.71, Inflammation Score:-4, Nutrition Score:11.329565100048%

Nutrients (% of daily need)

Calories: 534.92kcal (26.75%), Fat: 26.83g (41.27%), Saturated Fat: 12.36g (77.26%), Carbohydrates: 67.63g (22.54%), Net Carbohydrates: 63.4g (23.06%), Sugar: 42.59g (47.33%), Cholesterol: 30.28mg (10.09%), Sodium: 208.78mg (9.08%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Caffeine: 38.7mg (12.9%), Protein: 6.2g (12.4%), Manganese: 0.77mg (38.44%), Copper: 0.61mg (30.42%), Iron: 4.17mg (23.17%), Magnesium: 86.83mg (21.71%), Selenium: 14.27µg (20.38%), Fiber: 4.23g (16.93%), Phosphorus: 159.93mg (15.99%), Vitamin B1: 0.2mg (13.63%), Folate: 46.47µg (11.62%), Vitamin B2: 0.18mg (10.44%), Zinc: 1.47mg (9.78%), Potassium: 313.26mg (8.95%), Vitamin B3: 1.79mg (8.93%), Vitamin K: 7.88µg (7.51%), Vitamin E: 0.88mg (5.88%), Calcium: 50.33mg (5.03%), Vitamin B5: 0.44mg (4.36%), Vitamin B12: 0.16µg (2.66%), Vitamin B6: 0.05mg (2.27%), Vitamin A: 66.15IU (1.32%), Vitamin D: 0.17µg (1.16%)