



## Throwdown Chocolate Chip Cookies

READY IN



25 min.

SERVINGS



36

CALORIES



147 kcal

DESSERT

### Ingredients

- 0.8 teaspoon baking soda
- 0.3 cup brown muscavado sugar dark
- 2 large eggs
- 2 cups flour all-purpose
- 1 cup granulated sugar
- 0.8 teaspoon kosher salt
- 5 ounce block milk chocolate such as callebaut chopped
- 5 ounce block semisweet chocolate such as callebaut chopped
- 2 sticks butter unsalted at room temperature

- 1.5 teaspoons vanilla extract pure

## Equipment

- bowl
- baking sheet
- oven
- whisk
- stand mixer
- spatula
- ice cream scoop

## Directions

- Preheat oven to 375 degrees F. Line baking sheets with parchment or silicone pads.
- Whisk together the flour, salt and baking soda in a bowl.
- Place the butter in the bowl of an electric stand mixer fitted with the paddle attachment and beat until smooth, about 1 minute.
- Add the sugars and continue mixing, scraping down the sides and bottom of the bowl until light and fluffy, about 2 minutes longer.
- Add the eggs, one at a time, and the vanilla extract.
- Add half of the flour mixture and mix until just incorporated.
- Add the remaining flour mixture, again mixing until just combined.
- Remove the bowl from the stand and fold in the chocolate chunks.
- Using a small ice cream scoop, spoon the dough onto the prepared baking sheets, leaving at least 2 inches between each cookie, and bake on the middle rack until the cookies are lightly golden brown and still soft in the middle, about 11 minutes.
- Let the cookies rest for 2 minutes on the baking sheets before removing them to a baking rack with a wide metal spatula.
- Let the cookies cool on the baking rack for a few minutes before eating. Repeat with the remaining dough.

## Nutrition Facts

PROTEIN 4.05% FAT 49.78% CARBS 46.17%

## Properties

Glycemic Index:5.21, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:2.4313043563262%

## Nutrients (% of daily need)

Calories: 146.63kcal (7.33%), Fat: 8.3g (12.76%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 16.6g (6.04%), Sugar: 11.05g (12.27%), Cholesterol: 24.07mg (8.02%), Sodium: 77.69mg (3.38%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Caffeine: 5.98mg (1.99%), Protein: 1.52g (3.04%), Manganese: 0.12mg (6.1%), Selenium: 3.77µg (5.38%), Copper: 0.09mg (4.31%), Iron: 0.75mg (4.15%), Vitamin B1: 0.06mg (3.87%), Vitamin B2: 0.06mg (3.63%), Folate: 14.34µg (3.59%), Vitamin A: 173.85IU (3.48%), Magnesium: 13.57mg (3.39%), Phosphorus: 30.62mg (3.06%), Fiber: 0.72g (2.88%), Vitamin B3: 0.48mg (2.39%), Zinc: 0.25mg (1.7%), Vitamin E: 0.21mg (1.42%), Potassium: 49.59mg (1.42%)