



Triple Chocolate Chip Cookies

READY IN



55 min.

SERVINGS



16

CALORIES



185 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 large eggs
- 1.1 cups flour all-purpose
- 0.3 cup brown sugar light packed
- 0.3 cup milk chocolate chips
- 0.5 teaspoon salt
- 0.3 cup bittersweet chocolate
- 0.5 cup butter unsalted
- 0.5 teaspoon vanilla extract

- 0.3 cup chocolate chips white
- 0.5 cup granulated sugar white

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- mixing bowl
- wire rack
- spatula

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with a silicon mat or parchment paper.
- Mash the butter, white sugar, and brown sugar together in a large mixing bowl with a spatula until creamy and smooth, 2 to 3 minutes.
- Add the egg and vanilla; whisk vigorously for 20 to 30 seconds.
- Whisk the flour, salt, and baking soda together in a small bowl; dump into the butter mixture and mix until just combined. Fold the semi-sweet chocolate chips, white chocolate chips, and milk chocolate chips into the mixture. Arrange onto the prepared baking sheet using a small scoop or large spoon.
- Bake in the preheated oven until golden brown, about 10 minutes; remove from oven and allow to cool on the sheet for 10 minutes.
- Transfer to a wire rack to finish cooling completely.

Nutrition Facts



PROTEIN 3.87% **FAT 47.24%** **CARBS 48.89%**

Properties

Glycemic Index:13.44, Glycemic Load:10.76, Inflammation Score:-2, Nutrition Score:2.6339130591115%

Nutrients (% of daily need)

Calories: 184.88kcal (9.24%), Fat: 9.83g (15.12%), Saturated Fat: 5.96g (37.22%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 22.35g (8.13%), Sugar: 15.32g (17.02%), Cholesterol: 27.88mg (9.29%), Sodium: 117.04mg (5.09%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.14mg (1.05%), Protein: 1.81g (3.62%), Selenium: 4.56µg (6.52%), Manganese: 0.11mg (5.63%), Vitamin B1: 0.07mg (4.94%), Folate: 18.06µg (4.52%), Vitamin B2: 0.07mg (4.34%), Iron: 0.73mg (4.06%), Vitamin A: 197.1IU (3.94%), Phosphorus: 33.61mg (3.36%), Copper: 0.07mg (3.3%), Vitamin B3: 0.59mg (2.94%), Magnesium: 9.64mg (2.41%), Fiber: 0.54g (2.15%), Calcium: 20.15mg (2.01%), Potassium: 62.43mg (1.78%), Vitamin E: 0.26mg (1.73%), Zinc: 0.23mg (1.56%), Vitamin B5: 0.13mg (1.33%), Vitamin D: 0.17µg (1.13%), Vitamin B12: 0.07µg (1.12%), Vitamin K: 1.14µg (1.08%)