



Ultimate Chocolate Chip Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



141 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 1 cup butter softened
- 1 eggs
- 2.3 cups flour all-purpose
- 0.8 cup granulated sugar
- 1 cup nuts coarsely chopped
- 0.5 teaspoon salt

- 12 ounces semi chocolate chips (2 cups)
- 1 teaspoon vanilla

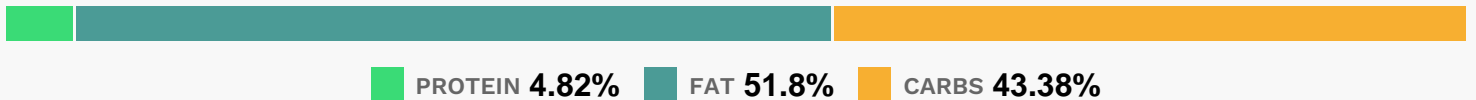
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 375F.
- Mix sugars, butter, vanilla and egg in large bowl. Stir in flour, baking soda and salt (dough will be stiff). Stir in nuts and chocolate chips.
- Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.
- Bake 8 to 10 minutes or until light brown (centers will be soft). Cool slightly; remove from cookie sheet. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:5.56, Inflammation Score:-2, Nutrition Score:2.8186956316071%

Nutrients (% of daily need)

Calories: 140.83kcal (7.04%), Fat: 8.22g (12.65%), Saturated Fat: 2.6g (16.22%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 14.5g (5.27%), Sugar: 9.08g (10.09%), Cholesterol: 3.84mg (1.28%), Sodium: 95.11mg (4.14%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.72g (3.44%), Manganese: 0.19mg (9.74%), Copper: 0.14mg (6.89%), Magnesium: 21.08mg (5.27%), Iron: 0.87mg (4.85%), Selenium: 2.92µg (4.18%), Phosphorus: 40.85mg (4.09%), Fiber: 1g (3.98%), Vitamin B1: 0.06mg (3.67%), Vitamin A: 178.11IU (3.56%), Folate: 12.74µg (3.18%), Vitamin B3: 0.55mg (2.76%), Vitamin B2: 0.05mg (2.65%), Zinc: 0.36mg (2.37%), Potassium: 72.38mg (2.07%), Vitamin E: 0.2mg (1.34%), Calcium: 12.21mg (1.22%), Vitamin B5: 0.11mg (1.06%)