



## Ultimate Chocolate Chip Cookies

 Popular

READY IN



90 min.

SERVINGS



48

CALORIES



143 kcal

DESSERT

### Ingredients

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

- ☐ 2 cups semi chocolate chips
- ☐ 1 cup nuts coarsely chopped

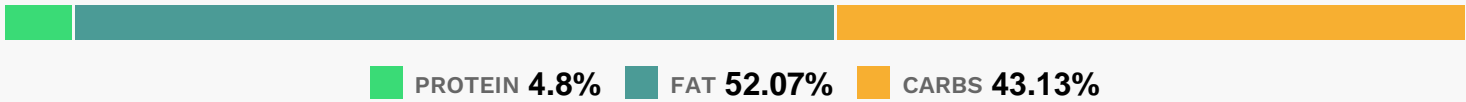
## Equipment

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

## Directions

- ☐ Heat oven to 375°F. In small bowl, mix flour, baking soda and salt; set aside.
- ☐ In large bowl, beat softened butter and sugars with electric mixer on medium speed, or mix with spoon about 1 minute or until fluffy, scraping side of bowl occasionally. Beat in egg and vanilla until smooth.
- ☐ Stir in flour mixture just until blended (dough will be stiff). Stir in chocolate chips and nuts.
- ☐ Onto ungreased or parchment-lined cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart.
- ☐ Bake 8 to 10 minutes or until light brown (centers will be soft). Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes. Store covered in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:4.68, Glycemic Load:5.56, Inflammation Score:-2, Nutrition Score:2.8430434984519%

## Nutrients (% of daily need)

Calories: 143.13kcal (7.16%), Fat: 8.41g (12.93%), Saturated Fat: 4.33g (27.05%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 14.64g (5.32%), Sugar: 9.24g (10.27%), Cholesterol: 14.03mg (4.68%), Sodium: 80.96mg (3.52%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.74g (3.49%), Manganese:

0.2mg (10.01%), Copper: 0.14mg (7.15%), Magnesium: 21.76mg (5.44%), Iron: 0.9mg (5%), Selenium: 3.01µg (4.29%), Phosphorus: 41.97mg (4.2%), Fiber: 1.03g (4.11%), Vitamin B1: 0.05mg (3.67%), Folate: 12.83µg (3.21%), Vitamin B3: 0.56mg (2.78%), Vitamin B2: 0.05mg (2.65%), Vitamin A: 127.33IU (2.55%), Zinc: 0.37mg (2.48%), Potassium: 73.87mg (2.11%), Calcium: 12.19mg (1.22%), Vitamin E: 0.17mg (1.11%), Vitamin B5: 0.11mg (1.08%)