



Valentine's Day Cookies

READY IN



60 min.

SERVINGS



18

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup confectioners' sugar
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup honey
- ☐ 0.3 cup milk
- ☐ 2 pinches salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 cup vanilla chips

- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

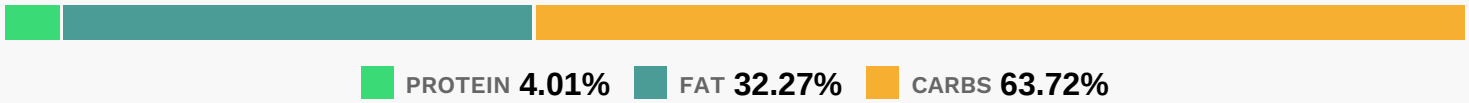
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Whisk together the flour, white sugar, baking soda, and salt in a bowl.
- ☐ Beat honey, milk, butter, and vanilla extract together in a large bowl until smooth.
- ☐ Stir the flour mixture into the honey mixture until just combined.
- ☐ Fold in the chocolate and vanilla chips.
- ☐ Roll the dough into walnut-sized balls and place 2 inches apart onto nonstick baking sheets.
- ☐ Bake in the preheated oven until golden brown, 15 to 18 minutes.
- ☐ Allow cookies to cool; dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:19.43, Glycemic Load:11.94, Inflammation Score:-1, Nutrition Score:2.6247825972412%

Nutrients (% of daily need)

Calories: 155.4kcal (7.77%), Fat: 5.69g (8.76%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 24.35g (8.85%), Sugar: 15.85g (17.61%), Cholesterol: 7.62mg (2.54%), Sodium: 128.81mg (5.6%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.59g (3.18%), Manganese: 0.15mg (7.43%), Selenium: 3.63µg (5.18%), Vitamin B1: 0.08mg (5.15%), Iron: 0.85mg (4.72%), Folate: 17.61µg (4.4%), Copper: 0.08mg (4.05%), Fiber: 0.95g (3.8%), Vitamin B3: 0.72mg (3.6%), Vitamin B2: 0.06mg (3.5%), Phosphorus:

33.14mg (3.31%), Magnesium: 12.69mg (3.17%), Potassium: 78.54mg (2.24%), Vitamin A: 88.61IU (1.77%), Zinc: 0.26mg (1.72%), Calcium: 11.97mg (1.2%), Vitamin B5: 0.12mg (1.15%), Vitamin B6: 0.02mg (1.12%)