



White Chocolate Chip Zucchini Cookies

READY IN



50 min.

SERVINGS



24

CALORIES



178 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons brown sugar
- ☐ 1 cup butter divided softened
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.5 teaspoon salt
- ☐ 1 cup chocolate chips white

☐ 1 cup zucchini diced

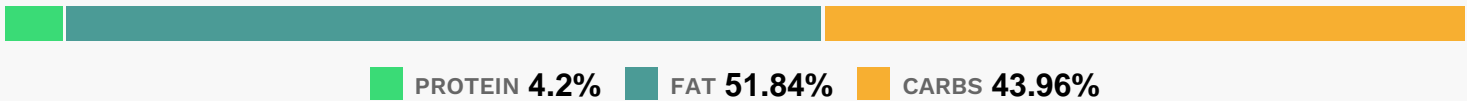
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Line 2 baking sheets with parchment paper.
- ☐ In a medium saucepan, melt 1/4 cup butter and the brown sugar. Over medium heat, sauté the diced zucchini until it has lightly browned and absorbed the butter and sugar mixture. Set on paper towels to blot the excess moisture; leave to the side for the moment.
- ☐ In an electric mixer fitted with the paddle attachment, cream 3/4 cup butter and granulated sugar; beat in egg and lemon peel. Stir in sifted dry ingredients, then mix in the zucchini; once mixed, gently fold in the white chocolate chips.
- ☐ Drop by teaspoonfuls on the prepared baking sheets, leaving an inch and a half around each cookie to allow for spreading.
- ☐ Bake until golden around the edges, 15–20 minutes.
- ☐ Transfer to a wire rack to cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:13.27, Inflammation Score:-2, Nutrition Score:2.6739130376474%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 177.63kcal (8.88%), Fat: 10.39g (15.99%), Saturated Fat: 6.39g (39.97%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 19.47g (7.08%), Sugar: 11.8g (13.12%), Cholesterol: 28.73mg (9.58%), Sodium: 137.25mg (5.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Selenium: 4.59µg (6.55%), Vitamin B1: 0.09mg (6%), Folate: 21.99µg (5.5%), Vitamin B2: 0.09mg (5.31%), Vitamin A: 258.87IU (5.18%), Manganese: 0.08mg (4.12%), Phosphorus: 36.01mg (3.6%), Vitamin B3: 0.7mg (3.5%), Iron: 0.58mg (3.24%), Calcium: 31.38mg (3.14%), Vitamin E: 0.32mg (2.15%), Vitamin K: 1.6µg (1.53%), Potassium: 52.45mg (1.5%), Vitamin B5: 0.14mg (1.42%), Fiber: 0.35g (1.41%), Vitamin B12: 0.07µg (1.24%), Vitamin C: 1.02mg (1.23%), Copper: 0.02mg (1.23%), Zinc: 0.18mg (1.19%), Magnesium: 4.67mg (1.17%), Vitamin B6: 0.02mg (1.05%)