



White Chocolate Macadamia Cookies

READY IN



23 min.

SERVINGS



30

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 1.8 cup all purpose flour (7.8 oz/225 grams)
- ☐ 1 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 145 grams granulated sugar
- ☐ 100 grams brown sugar light
- ☐ 0.5 cup roasted macadamia nuts salted dry chopped
- ☐ 0.8 scant teaspoon salt
- ☐ 1 stick butter unsalted room temperature (4 oz/114 grams)
- ☐ 2 teaspoons vanilla

- ☐ 100 grams regular vegetable shortening
- ☐ 8 oz chocolate white chopped

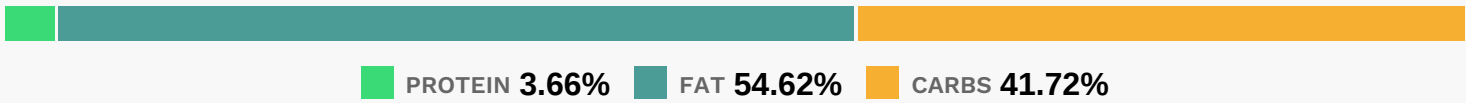
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (176 C). Line a couple of cookie sheets with parchment paper.Beat butter, shortening and both sugars with an electric mixer until creamy.
- ☐ Add egg and vanilla and beat for about 30 seconds. Scrape sides of bowl and beat in salt and baking soda.
- ☐ Add flour and stir until it is almost mixed in, then stir in macadamia nuts and white chocolate.Drop dough about 3 inches apart (these spread quite a bit) by tablespoonfuls onto cookie sheets.
- ☐ Bake for 12-14 minute or until edges are golden brown. Cool on cookie sheets for about 5 minutes, then transfer to wire racks.Makes about 30 cookies

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:10.53, Inflammation Score:-1, Nutrition Score:2.4304347588964%

Nutrients (% of daily need)

Calories: 174.22kcal (8.71%), Fat: 10.75g (16.54%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 18.08g (6.57%), Sugar: 12.68g (14.09%), Cholesterol: 15.89mg (5.3%), Sodium: 47.46mg (2.06%), Alcohol: 0.09g (100%), Alcohol %: 0.34% (100%), Protein: 1.62g (3.24%), Manganese: 0.15mg (7.31%), Vitamin B1: 0.09mg (6.02%), Selenium: 3.51µg (5.02%), Vitamin B2: 0.07mg (4.18%), Folate: 15.05µg (3.76%), Phosphorus:

29.73mg (2.97%), Iron: 0.5mg (2.76%), Vitamin B3: 0.55mg (2.75%), Vitamin E: 0.4mg (2.65%), Vitamin K: 2.75µg (2.62%), Calcium: 22.75mg (2.28%), Vitamin A: 105.4IU (2.11%), Copper: 0.04mg (1.79%), Fiber: 0.4g (1.62%), Vitamin B5: 0.15mg (1.52%), Magnesium: 6.02mg (1.51%), Potassium: 45.77mg (1.31%), Zinc: 0.16mg (1.08%), Vitamin B12: 0.06µg (1.06%)