



Whole Grain Double Chocolate Cookies

 Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



150 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.3 cup natural cocoa powder
- ☐ 1 large eggs
- ☐ 1 cup granulated sugar
- ☐ 2 tablespoons milk
- ☐ 0.8 scant teaspoon salt
- ☐ 1.5 cups semi-sweet chocolate chips dark

- ☐ 2 sticks butter unsalted room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 220 grams grain flour — whole wheat whole white (ex. Eagle Mills, KA)

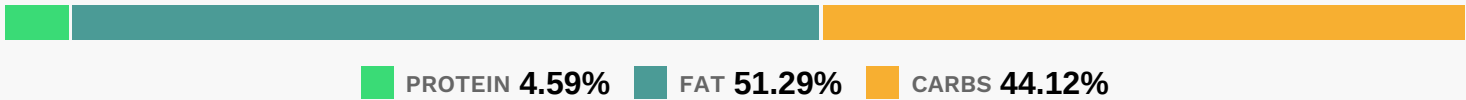
Equipment

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

Directions

- ☐ Preheat the oven to 350 degrees F. and line a couple of cookie sheets with parchment paper.
- ☐ Mix the flour, soda, salt and cocoa powder together in a small bowl and set aside.Cream the butter and both sugars with an electric mixer. Beat in the vanilla. Scrape sides of bowl.
- ☐ Add the egg and beat for about 30 seconds or just until it is mixed in. Stir in the milk, then add the flour mixture and stir by hand or with lowest speed of mixture until it’s blended in. Stir in the chocolate chips.
- ☐ Bake right away or chill dough until ready to use. If baking right away, spoon heaping teaspoonfuls (or regular size cookie scoops) of dough onto cookie sheets spacing 2 ½ inches apart.
- ☐ Bake for 11-13 minutes or until cookies appear done.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:3.89, Inflammation Score:-2, Nutrition Score:3.299565266008%

Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 149.54kcal (7.48%), Fat: 8.73g (13.43%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 15.62g (5.68%), Sugar: 11.31g (12.57%), Cholesterol: 19.2mg (6.4%), Sodium: 13.56mg (0.59%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Caffeine: 8.1mg (2.7%), Protein: 1.76g (3.52%), Manganese: 0.38mg (18.79%), Copper: 0.15mg (7.59%), Magnesium: 26.29mg (6.57%), Phosphorus: 57.65mg (5.77%), Fiber: 1.28g (5.1%), Selenium: 3.38µg (4.83%), Iron: 0.87mg (4.81%), Vitamin A: 169.38IU (3.39%), Zinc: 0.47mg (3.14%), Vitamin B1: 0.05mg (3.11%), Potassium: 85.13mg (2.43%), Vitamin E: 0.25mg (1.65%), Calcium: 14.81mg (1.48%), Vitamin B2: 0.02mg (1.41%), Vitamin K: 1.19µg (1.13%)