



Whole Wheat Chocolate Chip Cookies

 Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



158 kcal

DESSERT

Ingredients

- 0.8 cup granulated sugar
- 0.8 cup brown sugar packed
- 1 cup butter softened
- 1 teaspoon vanilla
- 1 eggs
- 2 cups flour whole wheat
- 1 teaspoon baking soda
- 0.5 teaspoon salt

12 ounces semi chocolate chips (2 cups)

Equipment

bowl

baking sheet

oven

wire rack

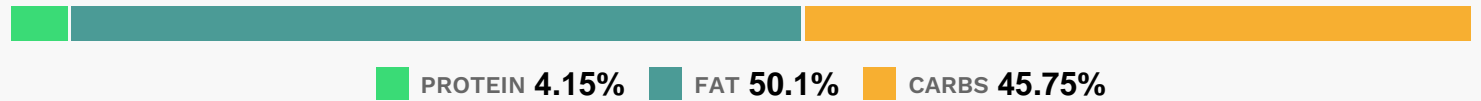
Directions

Heat oven to 375°F.

Mix sugars, butter, vanilla and egg in large bowl. Stir in flour, baking soda and salt (dough will be stiff). Stir in chocolate chips. Drop dough by rounded tablespoons about 2 inches apart onto ungreased cookie sheet.

Bake 8 to 10 minutes or until light brown (centers will be soft). Cool slightly; remove from cookie sheet. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:1.95, Glycemic Load:2.91, Inflammation Score:-3, Nutrition Score:3.5986956560417%

Nutrients (% of daily need)

Calories: 158.24kcal (7.91%), Fat: 8.99g (13.83%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 17.01g (6.18%), Sugar: 12.12g (13.47%), Cholesterol: 5.11mg (1.7%), Sodium: 126.31mg (5.49%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Caffeine: 8.13mg (2.71%), Protein: 1.68g (3.35%), Manganese: 0.4mg (20.01%), Selenium: 5.37µg (7.67%), Copper: 0.15mg (7.43%), Magnesium: 26.53mg (6.63%), Fiber: 1.47g (5.88%), Phosphorus: 52.43mg (5.24%), Iron: 0.89mg (4.96%), Vitamin A: 237.47IU (4.75%), Zinc: 0.44mg (2.94%), Potassium: 88.47mg (2.53%), Vitamin B1: 0.04mg (2.51%), Vitamin B3: 0.42mg (2.09%), Vitamin E: 0.31mg (2.08%), Vitamin B6: 0.03mg (1.74%), Calcium: 14.58mg (1.46%), Vitamin B2: 0.02mg (1.44%)