



Whole Wheat Chocolate Chip Cookies

 Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



158 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 1 cup butter softened
- 1 eggs
- 2 cups flour whole wheat
- 0.8 cup granulated sugar
- 0.5 teaspoon salt
- 12 ounces semi chocolate chips (2 cups)

1 teaspoon vanilla

Equipment

bowl

baking sheet

oven

wire rack

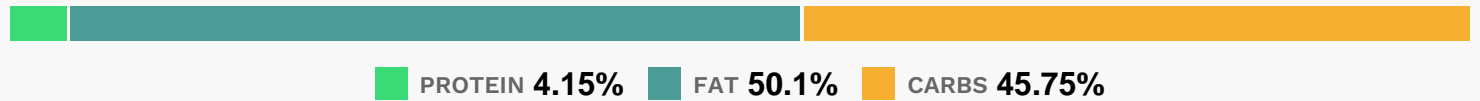
Directions

Heat oven to 375F.

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%)