



Whole Wheat Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



18

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup bittersweet chocolate chips
- ☐ 0.5 cup brown sugar dark
- ☐ 1 large eggs
- ☐ 0.3 cup evaporated cane juice crystals
- ☐ 0.5 teaspoon morton kosher salt
- ☐ 8 tablespoons butter unsalted cold cut into 1 inch chunks
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup walnuts toasted coarsely chopped

☐ 170 grams pastry flour whole wheat (spoon and sweep)

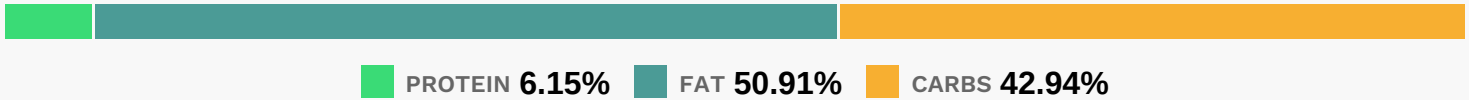
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F. Have ready a couple of cookie sheets.Stir together the flour, baking soda and salt; set aside.Beat the cold butter with an electric mixer until creamy.
- ☐ Add both sugars and beat for another 2 minutes, scraping down sides of bowl. Beat in the vanilla and egg, beating only for about 30 seconds. By hand, stir in the flour mixture. When flour is almost incorporated, stir in the chocolate chips and walnuts and stir until flour is completely mixed.Drop by rounded tablespoons and bake for 12 minutes on ungreased cookie sheets.

Nutrition Facts



Properties

Glycemic Index:1.11, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:4.8913043633751%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg

Nutrients (% of daily need)

Calories: 196.15kcal (9.81%), Fat: 11.51g (17.71%), Saturated Fat: 6.49g (40.56%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 20.16g (7.33%), Sugar: 12.31g (13.68%), Cholesterol: 23.81mg (7.94%), Sodium: 97.13mg (4.22%), Alcohol: 0.08g (100%), Alcohol %: 0.23% (100%), Protein: 3.13g (6.26%), Manganese: 0.55mg (27.58%), Selenium: 7.56µg (10.8%), Phosphorus: 68.56mg (6.86%), Fiber: 1.68g (6.72%), Copper: 0.13mg (6.6%), Magnesium: 24.42mg (6.11%), Zinc: 0.78mg (5.17%), Vitamin B1: 0.07mg (4.91%), Calcium: 45.94mg (4.59%), Vitamin B6: 0.08mg (4.11%), Iron: 0.69mg (3.83%), Potassium: 131.41mg (3.75%), Vitamin A: 173.21IU (3.46%), Vitamin B2: 0.05mg (3.23%), Vitamin B3: 0.63mg (3.17%), Folate: 12.06µg (3.01%), Vitamin E: 0.43mg (2.85%), Vitamin B5: 0.21mg (2.14%), Vitamin K: 1.51µg (1.44%), Vitamin B12: 0.06µg (1.05%)