



WHAT'SHEATE



Whole Wheat Chocolate Chip Cookies Made With Coconut Palm Sugar

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup coconut palm sugar sweet (140 grams) (Tree)
- ☐ 1 large eggs
- ☐ 8 tablespoons smart balance spread cold
- ☐ 170 grams flour ** king arthur whole wheat (spoon and sweep)
- ☐ 0.3 teaspoon morton kosher
- ☐ 0.1 teaspoon peppermint flavoring

- ☐ 0.8 cup semi-sweet chocolate chips sweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup walnuts toasted coarsely chopped

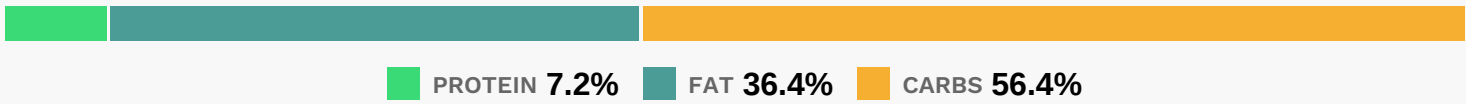
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F. Have ready a couple of ungreased cookie sheets.Stir together the whole wheat flour, baking soda and salt; set aside.Beat the cold Smart Balance with an electric mixer until creamy.
- ☐ Add sugar and beat for another 2 minutes or until creamy, scraping down sides of bowl. Beat in the vanilla, maple flavoring and egg, beating only for about 30 seconds after adding the egg. 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 tablespoon, slightly flatten and bake for 9-12 minutes on ungreased cookie sheets.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:5.51, Inflammation Score:-2, Nutrition Score:4.8769565807736%

Flavonoids

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

Nutrients (% of daily need)

Calories: 146.32kcal (7.32%), Fat: 6.12g (9.42%), Saturated Fat: 2g (12.5%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 19.4g (7.05%), Sugar: 10.23g (11.37%), Cholesterol: 10.77mg (3.59%), Sodium: 35.78mg (1.56%), Alcohol: 0.08g (100%), Alcohol %: 0.26% (100%), Caffeine: 6.27mg (2.09%), Protein: 2.73g (5.45%), Manganese: 0.63mg (31.62%), Selenium: 7.64µg (10.91%), Copper: 0.21mg (10.35%), Magnesium: 33.23mg (8.31%), Fiber: 1.95g

(7.81%), Phosphorus: 74.37mg (7.44%), Iron: 1.01mg (5.59%), Vitamin B1: 0.07mg (4.45%), Zinc: 0.61mg (4.08%), Vitamin B6: 0.07mg (3.51%), Potassium: 103.77mg (2.96%), Vitamin B3: 0.58mg (2.92%), Folate: 10.4µg (2.6%), Vitamin B2: 0.04mg (2.55%), Calcium: 14.84mg (1.48%), Vitamin B5: 0.15mg (1.47%), Vitamin E: 0.18mg (1.18%)