



## Zippy Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



172 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter
- 2 eggs
- 2.5 cups flour all-purpose
- 1 teaspoon ground pepper white
- 3 cups semi chocolate chips
- 1 tablespoon vanilla extract

1 cup walnuts chopped

0.8 cup sugar white

## Equipment

oven

## Directions

Preheat oven to 350 degrees F (180 degrees C).

Cream butter or margarine and sugars.

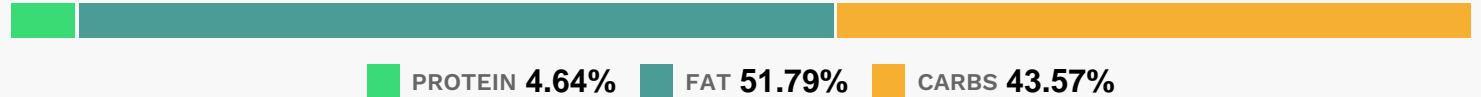
Add already beaten eggs and vanilla.

Mix dry ingredients together and mix with creamed mixture.

Add chocolate chips and nuts.

Bake 8 to 10 minutes until done. These are not HOT HOT -- Just a little surprise, definitely a little kick, goes well with the chocolate.

## Nutrition Facts



## Properties

Glycemic Index:6.4, Glycemic Load:5.82, Inflammation Score:-2, Nutrition Score:3.5834782708274%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 171.68kcal (8.58%), Fat: 9.98g (15.36%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 17.65g (6.42%), Sugar: 11.82g (13.13%), Cholesterol: 17.66mg (5.89%), Sodium: 51.47mg (2.24%), Alcohol: 0.09g (100%), Alcohol %: 0.34% (100%), Caffeine: 9.68mg (3.22%), Protein: 2.01g (4.03%), Manganese: 0.28mg (14.13%), Copper: 0.19mg (9.64%), Magnesium: 25.89mg (6.47%), Iron: 1.16mg (6.46%), Selenium: 3.96µg (5.65%), Phosphorus: 50.67mg (5.07%), Fiber: 1.25g (5%), Vitamin B1: 0.06mg (4.27%), Folate: 15.36µg (3.84%), Vitamin B2: 0.05mg (3.07%), Zinc: 0.45mg (3%), Vitamin A: 134.19IU (2.68%), Potassium: 91.77mg (2.62%), Vitamin B3: 0.52mg (2.58%), Calcium: 18.93mg (1.89%), Vitamin E: 0.22mg (1.44%), Vitamin B6: 0.03mg (1.25%), Vitamin K: 1.23µg (1.17%), Vitamin B5: 0.12mg (1.16%)