

## Soft and Chewy Chocolate Chip Cookies

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Oil, vegetable	2.5 oz	5 Tbsp	5.2 oz	$\frac{5}{8}$ cup	<ol style="list-style-type: none"> <li>1. Preheat conventional oven to 350° F.</li> <li>2. Lightly grease (or line with parchment paper) baking sheets. Use two 13 x 18 x 1" half sheet pans for 25 cookies or two 18 x 26 x 1" full sheet pans for 50 cookies.</li> <li>3. In a large mixing bowl, beat vegetable oil, butter, sugars, honey, and vanilla until smooth.</li> <li>4. Add salt, vinegar, egg whites, baking soda, and baking powder.</li> <li>5. Stir in the flours and mini chocolate chips, just until combined.</li> <li>6. Drop by #50 scoop (about 1 Tbsp) onto prepared baking sheet pans.</li> <li>7. Bake cookies 10-11 minutes, until bottoms are just beginning to brown. They may appear slightly under-baked.</li> <li>8. Remove baking sheet(s) from oven and place on a wire cooling rack. Cool on pan for about 5 minutes, then place cookies directly on the wire cooling rack to cool completely.</li> </ol>
Butter, unsalted		1 Tbsp	1 oz	2 Tbsp	
Sugar, brown, lightly packed	3.5 oz	$\frac{1}{2}$ cup	7 oz	1 cup	
Sugar, granulated	2.3 oz	$\frac{1}{3}$ cup	4.6 oz	$\frac{2}{3}$ cup	
Honey (or agave nectar)	2.2 oz	3 Tbsp	4.4 oz	6 Tbsp	
Vanilla Extract		2 tsp		1 Tbsp + 1 tsp	
Salt		$\frac{1}{2}$ tsp		1 tsp	
Vinegar, cider		1 Tbsp	1 oz	2 Tbsp	
Egg, whites, large		2 each	3.5 oz	3 each	
Baking soda		$\frac{1}{2}$ tsp		1 tsp	
Baking powder		$\frac{1}{2}$ tsp		1 tsp	
Flour, whole wheat*	8 oz	2 cups	1 lb	4 cups	
Flour, enriched, all-purpose*		2 Tbsp	1 oz	$\frac{1}{4}$ cup	
Chocolate Chips, mini, semi-sweet	3 oz	$\frac{3}{8}$ cup + 1 Tbsp	6 oz	$\frac{7}{8}$ cup	

\*Measure flour by scaling OR stir flour to fluff and lightly spoon into cups, then level.

# Soft and Chewy Chocolate Chip Cookies, cont.

**Serving Size** – 1 cookie (1 oz/29 grams)

Credits as 0.5 oz eq Grains in the School Nutrition Programs

Provides 9 grams whole grain per serving

## Nutrition Facts

Serving Size (29g)  
Servings Per Container

Amount Per Serving

**Calories** 120    **Calories from Fat** 40

% Daily Value\*

**Total Fat** 4.5g    **7%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 90mg    **4%**

**Total Carbohydrate** 19g    **6%**

Dietary Fiber 1g    **4%**

Sugars 10g

**Protein** 2g

Vitamin A 0%    •    Vitamin C 0%

Calcium 0%    •    Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Ingredients by weight:

Whole wheat flour, brown sugar, chocolate chips, vegetable oil, granulated sugar, honey, egg whites, enriched all-purpose flour, vinegar, butter, vanilla, salt, baking powder, baking soda



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: King Arthur Flour, [www.kingarthurfLOUR.com](http://www.kingarthurfLOUR.com), Soft Chocolate Chip Cookies

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association

