

Brown Butter Chocolate Chip Cookies

These small batch chocolate chip cookies are enhanced with brown butter, brown sugar, and dark chocolate. These are the perfect go-to cookie for any occasion.

https://freshbeanbakery.com/wprm_print/small-batch-chocolate-chip-cookies#

Protein

Egg:

- Complete protein containing all nine essential amino acids

Dark chocolate

- 7g of protein per 100g chocolate

Lipids

Butter

- Saturated Fatty Acids: palmitic acid, stearic acid (most abundant)
- Monounsaturated fatty acid: oleic acid
- Trans fat: conjugated linoleic acid (CLA) small amount

Egg

- Omega-3s
- Monounsaturated fat

Carbohydrates

White flour

- Simple carbohydrate

Granulated sugar

- Simple carbohydrate

Dark brown sugar

- Simple carbohydrate

DNA

Egg

- An unfertilized chicken egg contains 39 chromosomes

Butter

- Cow DNA has been found in butter

Fun Fact

These cookies are not a great source of essential nutrients such as vitamins or minerals.

However, the dark chocolate in the recipe can contain antioxidants, magnesium, and iron.