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#

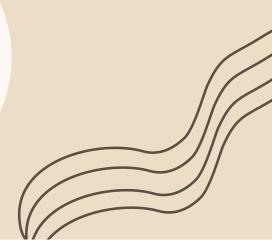
Protein

Egg:

Complete protein containing all nine essential amino acids

Dark chocolate

• 7g of protein per 100g chocolate



Lipids

Butte

- 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

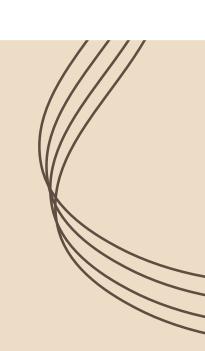
Simple carbohydrate

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



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

recipe can contain antioxidants, magnesium, and iron.