My favorite food is a brown butter chocolate chip cookie. The recipe I have been using is from “Fresh Bean Bakey”. This is a small batch recipe making 8 cookies, if portioned appropriately. The nutrition facts are found below for one cookie. These nutritional facts are pulled from the recipe.

Serving: 1 Cookie

Calories: 363kcal Carbohydrates: 44g Protein: 4g Fat: 19g Saturated Fat: 12g

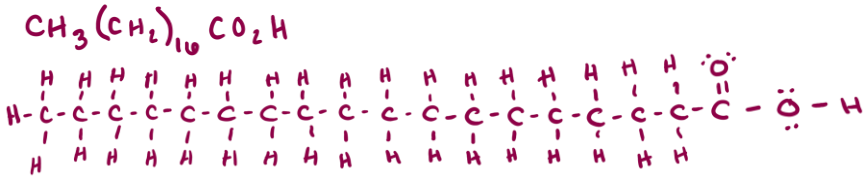
Polyunsaturated Fat: 1g Monounsaturated Fat: 5g Trans Fat: 0.5g Cholesterol: 52mg

Sodium: 226mg Potassium: 156mg Fiber: 2g Sugar: 25g Vitamin A: 392IU Calcium: 59mg

Iron: 2mg

There are many types of fats in these cookies coming from the butter and egg. Depending on the type of chocolate used, these can contribute to the fat content. Butter contains saturated fatty acids as palmitic acid and stearic acid, monounsaturated fatty acids as oleic acid, and trans-fat as conjugated linoleic acid (CLA). Stearic acid is the most abundant while CLA is found in the smallest quantities. The egg contributed omega-3’s and monounsaturated fat. However, there is only one egg in the entire recipe so only trace amounts of omega-3’s will be found. Palmitic acid is a 16-carbon chain, stearic acid is an 18-carbon chain, oleic acid is an 18-carbon chain, and CLA is an 18-carbon chain.

Stearic Acid:



The carbohydrates are primarily from the flour, granulated sugar, and brown sugar. Depending on the type of chocolate used, this could contribute to the sugar content. I use white flour in this recipe which is a simple carbohydrate and starch. Dark brown sugar and granulated sugars are both simple carbohydrates and added sugars. The flour used also contributes to the fiber content. White flour will have less fiber than whole grain flour. 25 grams of sugar and 2 grams of fiber are present per cookie.

There are 4 grams of protein per cookie which are due to the egg and flour content. Eggs contain all 9 essential amino acids, however, there is only one egg present in the recipe leading to small amounts of these amino acids. White flour has a larger proportion of nonessential amino acids such as glutamic acid, proline. The essential amino acids in white flour are leucine, isoleucine, and valine.

If high quality dark chocolate is used in the recipe, then iron, magnesium, and zinc will be in the cookies. While this recipe contains vitamins and minerals such as Vitamin A, Calcium, and Iron, they are lower levels that could vary with quality of ingredients. These cookies are not considered to be a good source of any vitamin or mineral according to the FDA.

References

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