



Healthdor

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## Chocolate Chip Cookie Snack

A delicious and indulgent snack made with chocolate chip cookies.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 10 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

250 g chocolate chip cookies

250 ml Milk

### Directions

#### Step 1

Pour milk into a glass.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 2

Dip chocolate chip cookies into the milk.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Enjoy the delicious chocolate chip cookie snack!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 15 g

**Protein:** 3 g

**Carbohydrates:** 30 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	100 mg	2.94%	3.85%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

**Events**

Christmas

## Course

Sauces & Dressings

Salads

Snacks

Appetizers

Desserts

Drinks

Breads

## Meal Type

Breakfast

Snack

## Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Diet

Raw Food Diet

Lacto-Ovo Vegetarian Diet

## Difficulty Level

Easy

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