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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 Step 2 Dip chocolate chip cookies into the milk. Prep Time: 0 mins Cook Time: 0 mins Step 3 Enjoy the delicious chocolate chip cookie snack! Prep Time: 0 mins Cook Time: 0 mins **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%

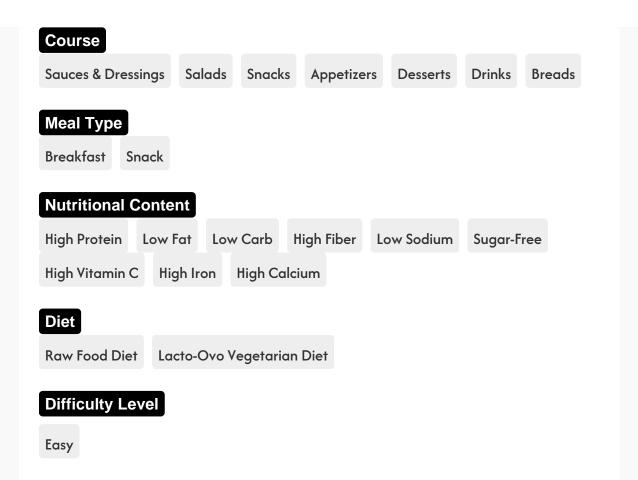
Minerals

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



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