



## BAKER'S ONE BOWL Super Chunk Cookies

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



205 kcal

DESSERT

### Ingredients

- 0.5 tsp baking soda
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 1 eggs
- 1 cup flour
- 0.5 cup granulated sugar
- 0.5 cup planters pecans chopped
- 1 cup quick-cooking oats

- 8 oz baker's semi-sweet chocolate coarsely chopped
- 1 tsp vanilla

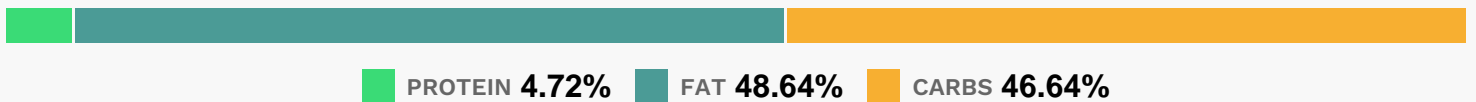
## Equipment

- bowl
- baking sheet
- oven
- blender

## Directions

- Heat oven to 375F.
- Combine flour, oats and baking soda; set aside. Beat butter and sugars in large bowl with mixer until light and fluffy. Blend in egg and vanilla. Gradually add flour mixture, beating well after each addition. Stir in chocolate and nuts.
- Drop rounded tablespoonfuls of dough, 2 inches apart, onto baking sheets.
- Bake 10 min. or until lightly browned. Cool on baking sheets 2 min.
- Remove to wire racks; cool completely.

## Nutrition Facts



## Properties

Glycemic Index:11, Glycemic Load:8.5, Inflammation Score:-3, Nutrition Score:4.7056522040587%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

## Nutrients (% of daily need)

Calories: 205.25kcal (10.26%), Fat: 11.26g (17.32%), Saturated Fat: 3.72g (23.27%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 22.6g (8.22%), Sugar: 14.7g (16.33%), Cholesterol: 8.86mg (2.95%), Sodium: 91.09mg (3.96%), Alcohol: 0.07g (100%), Alcohol %: 0.21% (100%), Caffeine: 9.75mg (3.25%), Protein: 2.46g (4.91%), Manganese: 0.48mg (24.17%), Copper: 0.2mg (9.99%), Magnesium: 36.23mg (9.06%), Selenium: 5.32µg (7.59%), Iron: 1.34mg (7.43%), Fiber: 1.69g (6.78%), Phosphorus: 67.55mg (6.76%), Vitamin B1: 0.09mg (6.16%), Vitamin A: 221.93IU (4.44%), Zinc: 0.62mg (4.11%), Folate: 14.43µg (3.61%), Vitamin B2: 0.06mg (3.4%), Potassium: 108.79mg (3.11%), Vitamin B3: 0.54mg (2.68%), Vitamin E: 0.33mg (2.22%), Calcium: 19.18mg (1.92%), Vitamin B5: 0.16mg (1.57%), Vitamin B6: 0.02mg (1.12%), Vitamin K: 1.06µg (1.01%)