



Banana White Chocolate and Cinnamon Toasted Pecan Cookies

♥♥ Popular

READY IN



45 min.

SERVINGS



24

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 0.5 teaspoon baking soda
- ☐ 2 medium bananas very ripe
- ☐ 1 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 cup brown sugar light packed
- ☐ 1.5 cups fisher pecan halves
- ☐ 1 stick butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 2 tablespoons water
- ☐ 1.5 cups chocolate chips white

Equipment

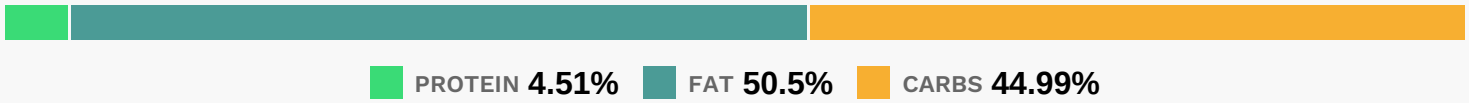
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Place Fisher Pecan Halves into a medium non stick skillet over medium heat. Stir in sugar, cinnamon and water until combined. Stir and let pecans bubble cook for about 5 minutes.
- ☐ Mixture will become thick.
- ☐ Pour pecans onto parchment paper to cool for at least 15 minutes before adding to cookie dough.To prepare cookie dough, cream butter and sugars into a large mixing bowl.
- ☐ Add egg and vanilla mixing to combine. Mash bananas and add them to the bowl, stirring.
- ☐ Add flour, baking soda, salt and white chocolate chips stirring.
- ☐ Place cinnamon toasted pecans into a large ziploc and crush slightly. I still kept mostly large pieces.
- ☐ Add to bowl and mix to combine.With a medium cookie scoop, place dough onto a large baking sheet lined with a silpat liner or parchment paper. Leave a good inch and a half between each cookie.

- ☐
- Bake at 350 degrees for 15–16 minutes until golden brown. You want these too bake longer than you typically bake cookies.
- ☐
- Let cool on baking sheet for 15 minutes before transferring to cooling rack.

Nutrition Facts



Properties

Glycemic Index:11.87, Glycemic Load:12.98, Inflammation Score:–2, Nutrition Score:4.1039130324903%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 211.22kcal (10.56%), Fat: 12.21g (18.78%), Saturated Fat: 5.07g (31.7%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 23.34g (8.49%), Sugar: 16.73g (18.59%), Cholesterol: 20.24mg (6.75%), Sodium: 86.51mg (3.76%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Protein: 2.45g (4.91%), Manganese: 0.38mg (18.9%), Vitamin B1: 0.11mg (7.56%), Selenium: 4.26µg (6.08%), Vitamin B2: 0.1mg (5.74%), Phosphorus: 53.04mg (5.3%), Copper: 0.11mg (5.26%), Folate: 19.58µg (4.9%), Fiber: 1.13g (4.51%), Iron: 0.65mg (3.62%), Calcium: 35.44mg (3.54%), Magnesium: 14.04mg (3.51%), Vitamin B3: 0.69mg (3.46%), Vitamin B6: 0.06mg (3.23%), Potassium: 111.78mg (3.19%), Zinc: 0.47mg (3.12%), Vitamin A: 142.29IU (2.85%), Vitamin B5: 0.23mg (2.32%), Vitamin E: 0.34mg (2.28%), Vitamin K: 1.67µg (1.59%), Vitamin B12: 0.09µg (1.49%), Vitamin C: 0.98mg (1.19%)