



## Butterscotch, Pecan & Toasted Wheat Germ Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



64

CALORIES



131 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups butterscotch morsels
- ☐ 2 large eggs
- ☐ 1 cup granulated sugar
- ☐ 1 cup brown sugar light packed
- ☐ 1 cup pecans toasted chopped
- ☐ 2 cups cooking oats instant quick (not )

- ☐ 8 ounces butter    unsalted salted room temperature fine (though would be )
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup wheat germ    toasted
- ☐ 6.8 ounces flour    whole wheat white all-purpose

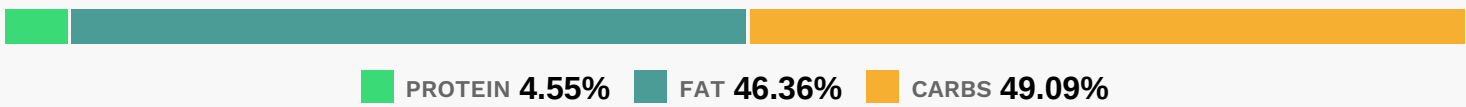
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ stand mixer

## Directions

- ☐ Preheat oven to 350 degrees F.In the bowl of a stand mixer, beat the butter until creamy.
- ☐ Add both sugars and continue beating until creamy. Beat in the vanilla.
- ☐ Add the eggs and beat until mixture is lighter in color and fluffier (about 2 minutes). Beat in the salt and baking soda. Using lowest speed of the mixer or by hand, stir in the flour. When flour is incorporated, stir in the wheat germ, oats, pecans and butterscotch morsels.Drop dough by rounded teaspoons, spacing about 2 1/2 inches apart, on ungreased cookie sheets.
- ☐ Bake cookies for 12-15 minutes (I liked them best at 1
- ☐ or until nicely browned around the edges.
- ☐ Let cool on baking sheet for five minutes, then transfer to a rack to cool completely. Cookies should crisp as they cool. Makes about 64.

## Nutrition Facts



## Properties

Glycemic Index:3.2, Glycemic Load:6.37, Inflammation Score:-1, Nutrition Score:2.1678260823145%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg

Nutrients (% of daily need)

Calories: 130.61kcal (6.53%), Fat: 6.89g (10.6%), Saturated Fat: 3.94g (24.65%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 15.59g (5.67%), Sugar: 11.94g (13.27%), Cholesterol: 13.43mg (4.48%), Sodium: 28.01mg (1.22%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 1.52g (3.04%), Manganese: 0.31mg (15.42%), Selenium: 2.32µg (3.31%), Fiber: 0.82g (3.29%), Phosphorus: 30.45mg (3.05%), Magnesium: 12.03mg (3.01%), Vitamin B1: 0.04mg (2.92%), Copper: 0.04mg (2.04%), Zinc: 0.3mg (2.02%), Vitamin A: 98.03IU (1.96%), Iron: 0.35mg (1.93%), Vitamin B2: 0.02mg (1.46%), Vitamin E: 0.19mg (1.3%), Calcium: 12.08mg (1.21%), Folate: 4.67µg (1.17%), Vitamin B6: 0.02mg (1.16%), Potassium: 40.32mg (1.15%)