



Chocolate Chunk and Pecan Cookies

READY IN



45 min.

SERVINGS



18

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.3 teaspoon almond extract
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter room temperature
- ☐ 1 large eggs
- ☐ 0.8 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup pecans coarsely chopped
- ☐ 0.3 teaspoon salt

- ☐ 6 ounces bittersweet chocolate coarsely chopped
- ☐ 1.5 teaspoons vanilla extract

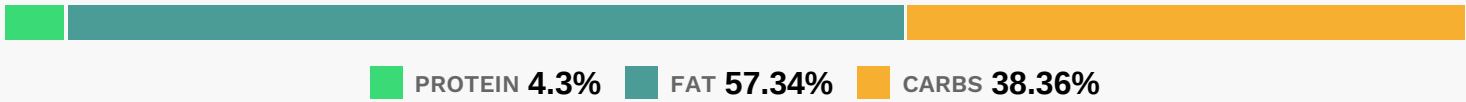
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix first 4 ingredients in medium bowl. Using electric mixer, beat butter, brown sugar, vanilla and almond extract in large bowl until blended.
- ☐ Add egg; beat until fluffy. Beat in flour mixture. Stir pecans and chocolate pieces into dough.
- ☐ Using 2 tablespoonfuls dough for each cookie, drop dough mounds onto ungreased baking sheets, spacing 2 inches apart. Press tops slightly to flatten.
- ☐ Bake cookies until edges begin to brown but centers are still soft, about 13 minutes.
- ☐ Let cool on sheets 2 minutes.
- ☐ Transfer cookies to racks; cool completely. (Can be made 2 days ahead. Store airtight at room temperature.)

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:3.86, Inflammation Score:-2, Nutrition Score:4.473043522757%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg 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

Nutrients (% of daily need)

Calories: 207.11kcal (10.36%), Fat: 13.43g (20.66%), Saturated Fat: 5.8g (36.22%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 18.65g (6.78%), Sugar: 12.68g (14.09%), Cholesterol: 24.46mg (8.15%), Sodium: 110.88mg (4.82%), Alcohol: 0.13g (100%), Alcohol %: 0.41% (100%), Caffeine: 8.13mg (2.71%), Protein: 2.27g (4.54%), Manganese: 0.46mg (23.12%), Copper: 0.21mg (10.37%), Magnesium: 26.85mg (6.71%), Iron: 1.19mg (6.63%), Vitamin B1: 0.1mg (6.6%), Selenium: 4.41µg (6.29%), Fiber: 1.55g (6.22%), Phosphorus: 56.28mg (5.63%), Zinc: 0.62mg (4.13%), Folate: 15.63µg (3.91%), Vitamin B2: 0.06mg (3.65%), Vitamin A: 180.86IU (3.62%), Potassium: 104.2mg (2.98%), Vitamin B3: 0.58mg (2.89%), Calcium: 22.44mg (2.24%), Vitamin E: 0.32mg (2.14%), Vitamin B5: 0.17mg (1.73%), Vitamin B6: 0.03mg (1.39%), Vitamin K: 1.38µg (1.31%)