



Chocolate Chunk and Walnut Oatmeal Cookies

READY IN



45 min.

SERVINGS



32

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 3 ounces bittersweet chocolate coarsely chopped
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup brown sugar light packed
- ☐ 1.5 cups old-fashioned oats
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

- ☐ 0.5 cup walnuts chopped
- ☐ 0.3 cup flour whole-wheat

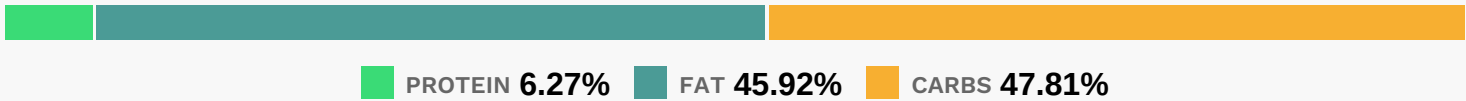
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Melt butter in a small saucepan over low heat.
- ☐ Remove from heat, and add brown sugar; stir until smooth.
- ☐ Combine all-purpose flour, whole-wheat flour, baking soda, oats, and salt in a medium bowl.
- ☐ Combine butter mixture with the dry ingredients, and add egg and vanilla extract. Fold in walnuts and bittersweet chocolate.
- ☐ Mix well, and spoon by tablespoonfuls onto lightly greased baking sheets.
- ☐ Bake for 12 minutes or until tops are dry to the touch.

Nutrition Facts



Properties

Glycemic Index:4.22, Glycemic Load:1.62, Inflammation Score:-1, Nutrition Score:2.4586956189216%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 91.75kcal (4.59%), Fat: 4.78g (7.35%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 10.31g (3.75%), Sugar: 6.09g (6.77%), Cholesterol: 11.62mg (3.87%), Sodium: 66.53mg (2.89%), Alcohol: 0.04g (100%), Alcohol %: 0.27% (100%), Protein: 1.47g (2.93%), Manganese: 0.3mg (14.98%), Selenium:

3.19µg (4.56%), Copper: 0.09mg (4.41%), Magnesium: 15.53mg (3.88%), Phosphorus: 38.62mg (3.86%), Fiber: 0.89g (3.55%), Iron: 0.55mg (3.07%), Vitamin B1: 0.04mg (2.79%), Zinc: 0.33mg (2.21%), Folate: 6.81µg (1.7%), Vitamin B2: 0.03mg (1.56%), Vitamin A: 75.84IU (1.52%), Potassium: 52.66mg (1.5%), Vitamin B6: 0.03mg (1.25%), Calcium: 11.86mg (1.19%), Vitamin B3: 0.23mg (1.16%), Vitamin B5: 0.11mg (1.08%)