



Chocolate-Oatmeal-Pecan Snack Cookies

READY IN



20 min.

SERVINGS



4

CALORIES



1264 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups firmly brown sugar dark packed
- ☐ 0.3 cup butter softened
- ☐ 3.5 oz chocolate bars dark
- ☐ 0.8 cup cherries dried
- ☐ 0.5 cup egg substitute
- ☐ 1.8 cups flour all-purpose
- ☐ 6 ounces cream cheese softened reduced-fat
- ☐ 3 cups regular oats uncooked

- ☐ 0.5 cup pecans chopped
- ☐ 1.8 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

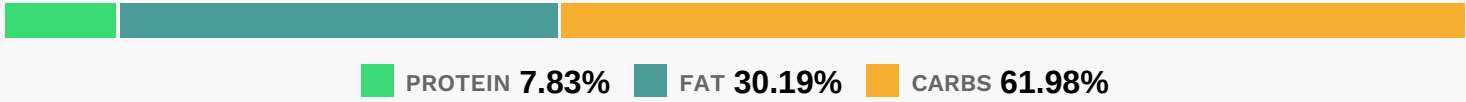
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ ziploc bags
- ☐ microwave
- ☐ kitchen scissors

Directions

- ☐ Preheat oven to 350
- ☐ Combine flour, pumpkin pie spice, salt, and baking soda.
- ☐ Beat butter, cream cheese, and sugar at medium speed with an electric mixer until fluffy.
- ☐ Add egg substitute and vanilla, beating until blended. Gradually add flour mixture, beating at low speed just until blended. Stir in oats and dried cherries.
- ☐ Drop dough by rounded tablespoonfuls onto baking sheets coated with cooking spray; gently flatten dough into circles.
- ☐ Sprinkle about 1/2 tsp. chopped pecans onto each dough circle, gently pressing into dough.
- ☐ Bake, in batches, at 350 for 13 to 14 minutes or until a wooden pick inserted in centers comes out clean.
- ☐ Remove cookies from baking sheets to wire racks, and let cool 10 minutes.
- ☐ Break dark chocolate bars into pieces. Microwave chocolate pieces in a small microwave-safe bowl at HIGH 45 seconds to 1 minute or until melted and smooth, stirring at 15-second intervals. Spoon chocolate into a small zip-top plastic bag. Snip 1 corner of bag with scissors to make a tiny hole.

- ☐ Drizzle chocolate onto cookies.
- ☐ Let stand 1 hour or until set.
- ☐ Note: For testing purposes only, we used Cocoa
- ☐ Via Original Chocolate Bars.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:46.25, Inflammation Score:-9, Nutrition Score:32.885652143022%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 1264.42kcal (63.22%), Fat: 42.95g (66.07%), Saturated Fat: 18.86g (117.88%), Carbohydrates: 198.42g (66.14%), Net Carbohydrates: 184.54g (67.11%), Sugar: 102.28g (113.64%), Cholesterol: 54.21mg (18.07%), Sodium: 768.03mg (33.39%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Caffeine: 19.73mg (6.58%), Protein: 25.06g (50.12%), Manganese: 3.87mg (193.75%), Selenium: 53.61µg (76.59%), Vitamin B1: 0.86mg (57.49%), Iron: 10.2mg (56.67%), Fiber: 13.88g (55.53%), Phosphorus: 516.13mg (51.61%), Copper: 0.98mg (48.99%), Magnesium: 185.6mg (46.4%), Vitamin B2: 0.6mg (35.46%), Folate: 136.88µg (34.22%), Zinc: 4.63mg (30.84%), Vitamin A: 1483.13IU (29.66%), Calcium: 250.79mg (25.08%), Potassium: 800.27mg (22.86%), Vitamin B3: 4.54mg (22.72%), Vitamin B5: 2.12mg (21.23%), Vitamin B6: 0.22mg (11%), Vitamin E: 1.56mg (10.42%), Vitamin B12: 0.59µg (9.77%), Vitamin K: 5.43µg (5.17%), Vitamin D: 0.61µg (4.05%)