



Chocolate Pumpkin Spice M and M Cookies



Vegetarian



Popular

READY IN



45 min.

SERVINGS



24

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups chocolate chunks
- ☐ 1 large eggs
- ☐ 1.3 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 3 tablespoons vanilla pudding mix instant
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup brown sugar light packed

- ☐ 0.5 cup pumpkin puree
- ☐ 10 ounce pumpkin spice m and m's
- ☐ 1 stick butter unsalted softened
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract pure

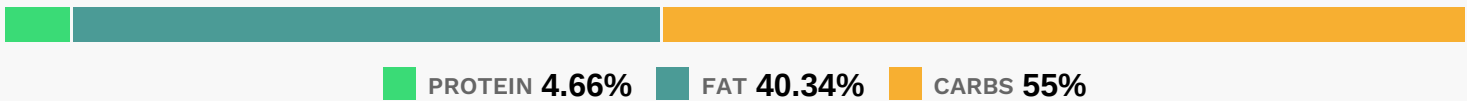
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F. and line a large baking sheet with a silpat liner or parchment paper.In a large mixing bowl or stand mixer, cream your butter and sugars until well combined.
- ☐ Add the egg, vanilla and pumpkin, mixing to combine.
- ☐ Add the flour, cocoa powder, pudding mix, baking soda and salt.
- ☐ Mix until dough starts coming together. Stir in chocolate chunks.With a medium cookie scoop, place dough onto prepared baking sheet 1 inch apart. Press cookies down to about 1/2 inch. Top with 4 Pumpkin Spice M and M's.
- ☐ Bake for 11-13 minutes until baked through.
- ☐ Let cool for 10 minutes before transferring to cooling rack.
- ☐ Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:6.5, Inflammation Score:-6, Nutrition Score:10.566521706788%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 206.83kcal (10.34%), Fat: 9.8g (15.07%), Saturated Fat: 5.69g (35.55%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 26.79g (9.74%), Sugar: 15.11g (16.79%), Cholesterol: 18.51mg (6.17%), Sodium: 71.35mg (3.1%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Caffeine: 11.2mg (3.73%), Protein: 2.55g (5.1%), Manganese: 2.1mg (105.15%), Iron: 3.57mg (19.84%), Vitamin A: 959.42IU (19.19%), Fiber: 3.26g (13.06%), Copper: 0.24mg (12.19%), Magnesium: 42.61mg (10.65%), Calcium: 96.86mg (9.69%), Selenium: 5.13µg (7.33%), Phosphorus: 62.44mg (6.24%), Potassium: 180.34mg (5.15%), Vitamin K: 5.31µg (5.06%), Vitamin B1: 0.07mg (4.87%), Zinc: 0.71mg (4.73%), Folate: 16.81µg (4.2%), Vitamin B2: 0.07mg (4.16%), Vitamin B3: 0.79mg (3.93%), Vitamin C: 2.98mg (3.61%), Vitamin E: 0.48mg (3.2%), Vitamin B6: 0.06mg (3.16%), Vitamin B5: 0.13mg (1.26%)