



Chocolatey Pumpkin Cookies



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup pumpkin puree canned
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup bittersweet chocolate
- ☐ 1 cup shortening
- ☐ 1 cup sugar

☐ 1 teaspoon vanilla extract

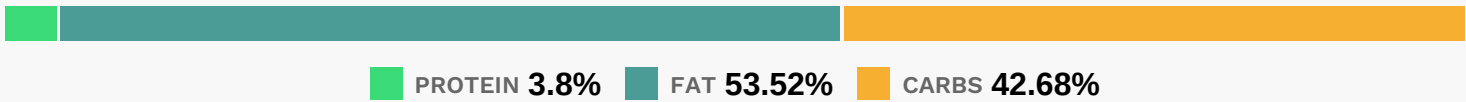
Equipment

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

Directions

- ☐ Beat sugar and shortening at medium speed with an electric mixer until creamy.
- ☐ Add pumpkin, egg, and vanilla, beating until blended; set aside.
- ☐ Combine flour, baking soda, salt, and cinnamon in a small bowl; gradually add to shortening mixture, beating well. Fold in chocolate chips.
- ☐ Drob by tablespoonfuls onto ungreased baking sheets.
- ☐ Bake at 350 for 15 to 20 minutes or until golden and browned on bottom.
- ☐ Remove to wire racks to cool.
- ☐ Drizzle cookies with Frosting.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:11.57, Inflammation Score:-8, Nutrition Score:4.8882608018492%

Nutrients (% of daily need)

Calories: 194.3kcal (9.71%), Fat: 11.67g (17.95%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 19.77g (7.19%), Sugar: 11.39g (12.65%), Cholesterol: 7.26mg (2.42%), Sodium: 98.54mg (4.28%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Caffeine: 6.27mg (2.09%), Protein: 1.87g (3.73%), Vitamin A: 1602.27IU (32.05%), Manganese: 0.18mg (9.21%), Selenium: 4.8µg (6.85%), Vitamin K: 6.74µg (6.42%), Iron: 1.13mg (6.27%), Copper: 0.12mg (5.95%), Vitamin B1: 0.09mg (5.93%), Folate: 21.15µg (5.29%), Vitamin E: 0.7mg (4.67%), Fiber: 1.16g (4.64%), Magnesium: 17.71mg (4.43%), Vitamin B2: 0.07mg (4.16%), Phosphorus: 37.42mg (3.74%), Vitamin B3: 0.72mg (3.58%), Potassium: 76.47mg (2.18%), Zinc: 0.31mg (2.06%), Vitamin B5: 0.19mg (1.95%)