

# Cinnamon Graham Crunchy Cookies

READY IN



45 min.

SERVINGS



60

CALORIES



124 kcal

DESSERT

## Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter softened
- 2 eggs
- 2 cups flour all-purpose
- 2 cups graham crackers crumbled
- 0.5 cup pecans chopped
- 1 cup rolled oats

- 0.5 teaspoon salt
- 2 cups semi chocolate chips
- 1 teaspoon vanilla extract
- 0.5 cup granulated sugar white

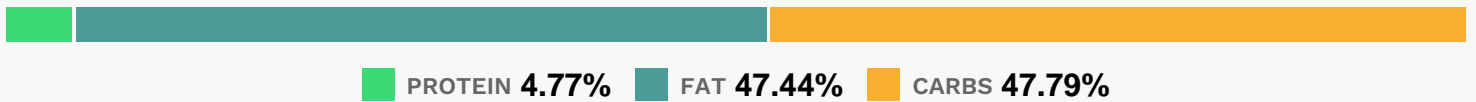
## Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- In a large bowl, cream butter, sugar and brown sugar until fluffy.
- Add eggs and vanilla and beat until smooth. In another bowl, mix flour, baking soda, baking powder and salt.
- Add dry ingredients to creamed mixture and stir until it becomes a soft dough.
- Stir in oats, chocolate chips, pecans, and 1 cup of graham cracker crumbs.
- Drop teaspoonfuls of dough into remaining graham cracker crumbs and coat well.
- Place on a lightly greased baking sheet and bake at 350 degrees F (175 degrees C) for 10-13 minutes or until lightly browned. Cool on wire rack and store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:6.85, Glycemic Load:5.41, Inflammation Score:-1, Nutrition Score:2.5517391313839%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

## **Nutrients (% of daily need)**

Calories: 123.83kcal (6.19%), Fat: 6.59g (10.15%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 14.03g (5.1%), Sugar: 8.19g (9.1%), Cholesterol: 13.95mg (4.65%), Sodium: 92.68mg (4.03%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Caffeine: 5.16mg (1.72%), Protein: 1.49g (2.98%), Manganese: 0.2mg (10.04%), Copper: 0.1mg (5.05%), Iron: 0.84mg (4.65%), Magnesium: 16.82mg (4.2%), Selenium: 2.88µg (4.12%), Phosphorus: 39.64mg (3.96%), Fiber: 0.92g (3.67%), Vitamin B1: 0.05mg (3.63%), Folate: 10.48µg (2.62%), Vitamin B2: 0.04mg (2.49%), Zinc: 0.36mg (2.4%), Vitamin B3: 0.44mg (2.21%), Vitamin A: 105.97IU (2.12%), Potassium: 60.36mg (1.72%), Calcium: 16.78mg (1.68%), Vitamin E: 0.16mg (1.06%)