



Coconut Pudding Oatmeal Chocolate Chip Pecan Cookies

READY IN



24 min.

SERVINGS



32

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup chocolate chips dark as needed ()
- ☐ 2 large eggs
- ☐ 5.8 ounces flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 package coconut pudding mix instant (4 serving size)
- ☐ 0.3 cup brown sugar light
- ☐ 3.5 cups cooking oatmeal instant quick (not)

- ☐ 1 cup pecans toasted chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup coconut or sweetened as needed flaked (use more or less)
- ☐ 8 oz butter unsalted softened
- ☐ 1 teaspoon vanilla extract

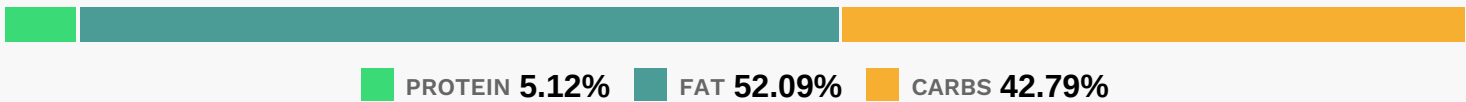
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F. Line two baking sheets with parchment paper.In a bowl, stir together the flour, salt and baking soda. Set aside.In a mixing bowl, beat the butter, brown sugar, granulated sugar and pudding mix until creamy.
- ☐ Add the eggs one at a time and beat until mixed. Beat in the vanilla.By hand or using the lowest speed of a mixer, stir in the flour mixture. When flour mixture is fully blended, stir in the oats, pecans , chocolate chips and coconut.Using a generously rounded teaspoon or a level tablespoon, scoop up dough and shape into balls. Flatten the balls slightly (the cookies don't spread much) and arrange 2 ½ inches apart on the parchment lined baking sheets.
- ☐ Bake on center rack for about 12 to 15 minutes or until lightly browned around the edges.

Nutrition Facts



Properties

Glycemic Index:6.74, Glycemic Load:7.71, Inflammation Score:-2, Nutrition Score:3.7408695849388%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 188.39kcal (9.42%), Fat: 11.1g (17.08%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 19.25g (7%), Sugar: 11.38g (12.65%), Cholesterol: 26.92mg (8.97%), Sodium: 124.44mg (5.41%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 2.46g (4.91%), Manganese: 0.36mg (18%), Selenium: 4.86µg (6.95%), Vitamin B1: 0.09mg (5.98%), Phosphorus: 51.08mg (5.11%), Fiber: 1.26g (5.05%), Zinc: 0.7mg (4.68%), Copper: 0.09mg (4.33%), Iron: 0.72mg (4%), Vitamin A: 196.46IU (3.93%), Magnesium: 15.53mg (3.88%), Vitamin B2: 0.06mg (3.66%), Folate: 14.6µg (3.65%), Calcium: 27.76mg (2.78%), Potassium: 86.92mg (2.48%), Vitamin B3: 0.48mg (2.38%), Vitamin E: 0.36mg (2.38%), Vitamin B5: 0.23mg (2.33%), Vitamin B6: 0.02mg (1.23%), Vitamin D: 0.17µg (1.13%), Vitamin K: 1.15µg (1.1%)