



 2%
HEALTH SCORE

Crystal's Chocolate Chip Pumpkin Cookies

READY IN



33 min.

SERVINGS



24

CALORIES



269 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup butter softened
- 16 ounce pumpkin puree 100% pure canned
- 2 eggs
- 2.3 cups flour all-purpose
- 1.5 teaspoons pumpkin pie spice
- 12 ounce semi chocolate chips
- 1 cup sugar

- 1 teaspoon vanilla extract
- 1 cup walnut pieces chopped

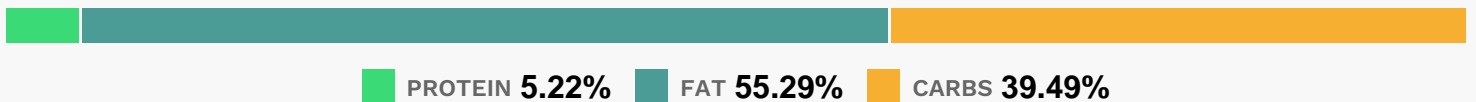
Equipment

- baking sheet
- oven
- mixing bowl

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease two cookie sheets.
- Mix the flour, baking powder, baking soda, and pumpkin pie spice together in a mixing bowl.
- Beat the butter and sugar together in a second mixing bowl until light and fluffy. Beat in the eggs, one at a time, until smooth and well blended.
- Mix in the pumpkin and vanilla extract until smooth. Gradually add the flour mixture, stirring to make a smooth batter. Stir in the walnuts and chocolate chips. Drop by tablespoon-sized spoonfuls on prepared cookie sheets.
- Bake in preheated oven until edges are golden, 18 to 20 minutes. Cool briefly on the cookie sheet before transferring to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:12.4, Inflammation Score:-9, Nutrition Score:9.0330436488856%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 269.18kcal (13.46%), Fat: 16.84g (25.91%), Saturated Fat: 8.45g (52.82%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 24.71g (8.99%), Sugar: 14.35g (15.95%), Cholesterol: 34.83mg (11.61%), Sodium: 109.35mg (4.75%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Caffeine: 12.19mg (4.06%), Protein: 3.58g (7.15%), Vitamin A: 3205.91IU (64.12%), Manganese: 0.48mg (24.19%), Copper: 0.3mg (14.77%), Iron: 1.96mg (10.88%), Magnesium:

40.44mg (10.11%), Selenium: 6.76µg (9.66%), Fiber: 2.34g (9.38%), Phosphorus: 86.33mg (8.63%), Vitamin B1: 0.12mg (7.99%), Folate: 30.53µg (7.63%), Vitamin B2: 0.1mg (6.13%), Vitamin B3: 0.94mg (4.72%), Vitamin K: 4.92µg (4.69%), Zinc: 0.7mg (4.67%), Potassium: 161.95mg (4.63%), Vitamin E: 0.59mg (3.9%), Calcium: 35.31mg (3.53%), Vitamin B6: 0.05mg (2.69%), Vitamin B5: 0.26mg (2.64%), Vitamin B12: 0.07µg (1.24%), Vitamin C: 0.89mg (1.07%)