



Double chocolate chip pumpkin cookies

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



132 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup pumpkin puree canned
- ☐ 0.3 cup dutch-processed cocoa powder
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon salt

- ☐ 1 cup semi chocolate chips
- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup sugar white

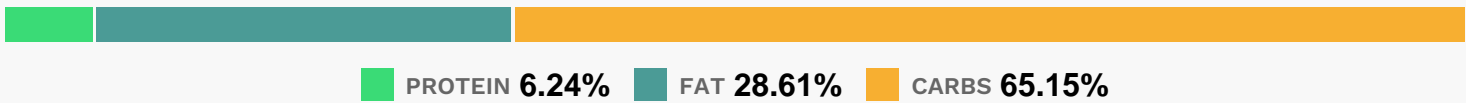
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350F and line baking sheets with parchment paper.
- ☐ Whisk together pumpkin, sugar, vegetable oil, vanilla and egg in a large bowl . In a separate bowl, whisk together together flour, baking powder, baking soda, cocoa powder, ground cinnamon, and salt.
- ☐ Add the flour mixture to pumpkin mixture and stir until combined.
- ☐ Stir in the chocolate chips.
- ☐ Take large tablespoons full of dough and drop onto cookie sheet, about 2 inches apart. When finished, try to shape the dough to resemble a cookie. The dough will be sticky and wet and hard to shape. The cookies dough should be round and flat and smooth, resembling close to the finished baked product because the cookies don't spread much during baking and will rise up. It helps to work with the dough if your hands are freshly washed and slightly damp.
- ☐ Bake for approximately 10–15 minutes until cookies are firm to the touch and can be moved off silpat mat without bottom sticking.

Nutrition Facts



Properties

Glycemic Index:10.09, Glycemic Load:11.65, Inflammation Score:-8, Nutrition Score:5.2734783071539%

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: 132.1kcal (6.6%), Fat: 4.26g (6.56%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 20.24g (7.36%), Sugar: 11.53g (12.81%), Cholesterol: 8.2mg (2.73%), Sodium: 109.92mg (4.78%), Alcohol: 0.19g (100%), Alcohol %: 0.52% (100%), Caffeine: 8.51mg (2.84%), Protein: 2.09g (4.18%), Vitamin A: 1604.21IU (32.08%), Manganese: 0.25mg (12.57%), Copper: 0.16mg (7.83%), Iron: 1.32mg (7.31%), Selenium: 5.03µg (7.18%), Fiber: 1.6g (6.39%), Vitamin B1: 0.09mg (5.88%), Magnesium: 22.82mg (5.7%), Folate: 21.56µg (5.39%), Phosphorus: 52.47mg (5.25%), Vitamin B2: 0.07mg (4.38%), Vitamin K: 3.96µg (3.77%), Vitamin B3: 0.74mg (3.7%), Calcium: 32.59mg (3.26%), Potassium: 92.95mg (2.66%), Zinc: 0.38mg (2.54%), Vitamin E: 0.26mg (1.73%), Vitamin B5: 0.14mg (1.44%)