



Double Chocolate Chunk Cookies

 Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



8144 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup firmly brown sugar dark packed
- 1 cup butter softened
- 11.5 ounce semisweet chocolate chunks
- 3.1 ounce milk chocolate candy bars grated
- 2 large eggs
- 2 cups flour all-purpose

- 1 cup granulated sugar
- 1 cup pecans toasted chopped
- 2.5 cups quick-cooking oats uncooked
- 0.5 teaspoon salt
- 1.5 teaspoons vanilla extract pure

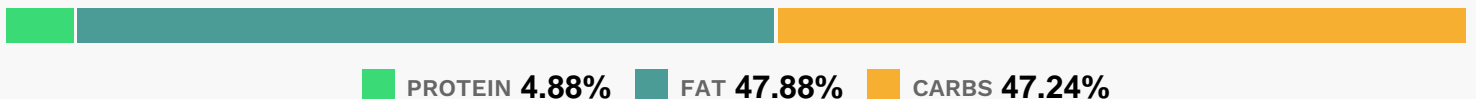
Equipment

- food processor
- bowl
- baking sheet
- oven
- hand mixer

Directions

- Beat butter and sugars at medium speed with an electric mixer until creamy.
- Add eggs and vanilla, beating until blended.
- Pulse oats in a food processor to a fine powder.
- Combine oats, flour, and next 3 ingredients in a large bowl; gradually add to butter mixture, beating well. Stir in chocolate chunks, grated chocolate bars, and pecans. Drop dough by 1/4 cupfuls onto lightly greased baking sheets.
- Bake at 375 for 10 to 14 minutes or until desired degree of doneness.
- Remove cookies to wire racks to cool completely.
- Note: For testing purposes only, we used Hershey's milk chocolate candy bars.

Nutrition Facts



Properties

Glycemic Index:404.69, Glycemic Load:377.19, Inflammation Score:-10, Nutrition Score:77.683478034061%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

Nutrients (% of daily need)

Calories: 8144.43kcal (407.22%), Fat: 444.06g (683.17%), Saturated Fat: 218.65g (1366.59%), Carbohydrates: 985.85g (328.62%), Net Carbohydrates: 918.66g (334.06%), Sugar: 587.07g (652.3%), Cholesterol: 879.61mg (293.2%), Sodium: 4404.63mg (191.51%), Alcohol: 2.06g (100%), Alcohol %: 0.15% (100%), Caffeine: 338.38mg (112.79%), Protein: 101.77g (203.54%), Manganese: 20.27mg (1013.71%), Magnesium: 1445.46mg (361.36%), Copper: 7.19mg (359.31%), Selenium: 224.49µg (320.69%), Phosphorus: 2826.43mg (282.64%), Iron: 50.71mg (281.71%), Fiber: 67.19g (268.76%), Vitamin B1: 3.95mg (263.36%), Zinc: 24.72mg (164.82%), Folate: 604.99µg (151.25%), Vitamin B2: 2.57mg (151.09%), Vitamin A: 6436.78IU (128.74%), Potassium: 4042.47mg (115.5%), Vitamin B3: 21.46mg (107.28%), Calcium: 963.79mg (96.38%), Vitamin E: 11.56mg (77.09%), Vitamin B5: 6.59mg (65.91%), Vitamin K: 56.25µg (53.57%), Vitamin B6: 0.96mg (47.94%), Vitamin B12: 1.86µg (31.05%), Vitamin D: 2µg (13.33%), Vitamin C: 1.2mg (1.45%)