



 **68%**
HEALTH SCORE

Hummingbird Oatmeal Cookies

 Vegetarian  Very Healthy

READY IN



100 min.

SERVINGS



1

CALORIES



5775 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 medium size banana ripe mashed
- 0.5 cup banana chips dried chopped
- 1 cup firmly brown sugar light packed
- 1 cup butter softened
- 0.5 cup coconut or toasted
- 0.5 cup pineapple dried finely chopped
- 2 large eggs

- 2 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 teaspoon kosher salt
- 1.5 cups regular oats
- 0.5 cup pecans toasted chopped
- 1 cup pecans finely chopped
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer

Directions

- Preheat oven to 350
- Stir together first 4 ingredients in a medium bowl. Beat butter, brown sugar, and vanilla at medium speed with an electric mixer 3 to 5 minutes or until creamy.
- Add eggs, 1 at a time, beating well after each addition.
- Add flour mixture and banana; beat just until blended.
- Add oats and next 2 ingredients; stir until blended.
- Drop dough by heaping tablespoonfuls 2 inches apart onto 2 parchment paper-lined baking sheets. Flatten each, using a lightly floured flat-bottom glass.
- Bake at 350 for 12 minutes or until golden. Cool on baking sheets 10 minutes; transfer to wire racks, and cool.
- Spread Cream Cheese Frosting over half of each cookie (about 1 1/2 tsp. per cookie); sprinkle with banana chips, coconut, and pecans, pressing to adhere.

Nutrition Facts



■ PROTEIN 5.14% ■ FAT 52.49% ■ CARBS 42.37%

Properties

Glycemic Index:254.78, Glycemic Load:173.62, Inflammation Score:-10, Nutrition Score:74.017391204834%

Flavonoids

Cyanidin: 17.02mg, Cyanidin: 17.02mg, Cyanidin: 17.02mg, Cyanidin: 17.02mg Delphinidin: 11.54mg, Delphinidin: 11.54mg, Delphinidin: 11.54mg, Delphinidin: 11.54mg Catechin: 15.07mg, Catechin: 15.07mg, Catechin: 15.07mg, Catechin: 15.07mg Epigallocatechin: 8.92mg, Epigallocatechin: 8.92mg, Epigallocatechin: 8.92mg, Epigallocatechin: 8.92mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Epigallocatechin 3-gallate: 3.65mg, Epigallocatechin 3-gallate: 3.65mg, Epigallocatechin 3-gallate: 3.65mg, Epigallocatechin 3-gallate: 3.65mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 5775.26kcal (288.76%), Fat: 346.03g (532.36%), Saturated Fat: 155.63g (972.66%), Carbohydrates: 628.46g (209.49%), Net Carbohydrates: 581.76g (211.55%), Sugar: 308.32g (342.58%), Cholesterol: 860.05mg (286.68%), Sodium: 3944.55mg (171.5%), Alcohol: 1.38g (100%), Alcohol %: 0.13% (100%), Protein: 76.24g (152.48%), Manganese: 15.55mg (777.72%), Vitamin B1: 3.7mg (246.77%), Selenium: 166.93µg (238.48%), Fiber: 46.7g (186.8%), Copper: 3.24mg (161.87%), Phosphorus: 1553.75mg (155.38%), Folate: 615.69µg (153.92%), Iron: 27.5mg (152.78%), Vitamin B2: 2.23mg (131.03%), Magnesium: 514.9mg (128.73%), Vitamin A: 6386.33IU (127.73%), Zinc: 15.85mg (105.63%), Vitamin B3: 19.37mg (96.85%), Potassium: 2447.52mg (69.93%), Vitamin B5: 6.49mg (64.94%), Vitamin E: 9.55mg (63.64%), Calcium: 600.29mg (60.03%), Vitamin B6: 1.19mg (59.37%), Vitamin C: 22.47mg (27.23%), Vitamin K: 27.1µg (25.81%), Vitamin B12: 1.28µg (21.27%), Vitamin D: 2µg (13.33%)