



## Maple and Blueberry White Chocolate Chip Pancake Cookies

♡ Popular

READY IN



20 min.

SERVINGS



24

CALORIES



97 kcal

DESSERT

### Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 4 tablespoons butter softened
- ☐ 0.5 cup maple syrup pure (do not substitute)
- ☐ 1.5 cups krusteaz blueberry pancake mix
- ☐ 1 cup chocolate chips white

### Equipment

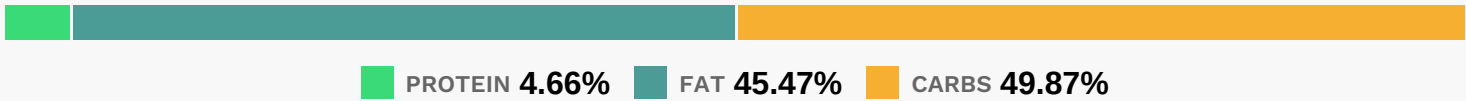
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ mixing bowl

## Directions

- ☐ Preheat oven to 350 degrees F. and line a large baking sheet with a silpat liner or parchment paper.In a large mixing bowl, beat butter until light and fluffy. Stir in pure maple syrup then add Krusteaz Pancake
- ☐ Mix and white chips. Stir until combined. Gently stir in blueberries, mixing sparingly. You want to see swirls of purple not completely purple dough.With a medium cookie scoop, place dough onto cookie sheet, about 1 inch apart.
- ☐ Bake for 13–15 minutes, until baked through.
- ☐ Let cool on baking sheet for 10 minutes before transferring.
- ☐ Serve room temperature.

## Nutrition Facts



## Properties

Glycemic Index:8.19, Glycemic Load:5.05, Inflammation Score:-1, Nutrition Score:1.9978261019873%

## Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 96.5kcal (4.82%), Fat: 4.95g (7.61%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 11.89g (4.32%), Sugar: 9.06g (10.07%), Cholesterol: 12.36mg (4.12%), Sodium: 63.45mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Manganese: 0.19mg (9.35%), Vitamin B2: 0.13mg (7.94%), Calcium: 40.64mg (4.06%), Phosphorus: 39.93mg (3.99%), Vitamin K: 2.04µg (1.94%), Vitamin B1: 0.03mg (1.86%), Vitamin A: 84.2IU (1.68%), Potassium: 58.02mg (1.66%), Selenium: 1.16µg (1.66%), Fiber: 0.32g (1.27%), Vitamin B12: 0.07µg (1.23%), Zinc: 0.18mg (1.17%), Magnesium: 4.51mg (1.13%), Vitamin E: 0.16mg (1.08%)