



Microwave Pumpkin Chocolate Chip Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



164 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup pumpkin puree canned
- ☐ 1 medium eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup semi chocolate chips

- ☐ 0.5 tablespoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup sugar white

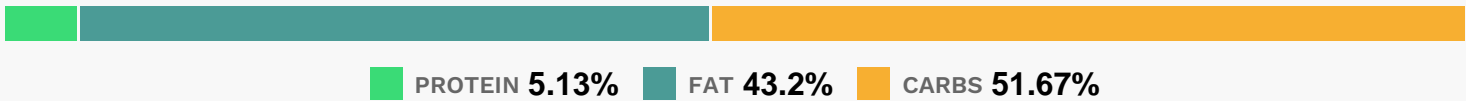
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ whisk
- ☐ microwave

Directions

- ☐ 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, ground cinnamon, and salt.
- ☐ Add the flour mixture to pumpkin mixture and stir until combined. Stir in the chocolate chips.
- ☐ Cut parchment paper into small squares big enough to hold one individual cooked cookie.
- ☐ Place large tablespoon of dough onto one piece of parchment paper. With slightly moistened hands, try to shape dough into cookie shape. Cook in microwave for 30 seconds. Repeat with remaining dough. Make sure to only cook one cookie at a time. Refrigerate or freeze unused dough.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:11.65, Inflammation Score:-8, Nutrition Score:5.4021738456643%

Nutrients (% of daily need)

Calories: 164.44kcal (8.22%), Fat: 7.92g (12.19%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 20.06g (7.3%), Sugar: 11.52g (12.8%), Cholesterol: 14.09mg (4.7%), Sodium: 111.98mg (4.87%), Alcohol: 0.19g (100%), Alcohol %: 0.51% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.12g (4.23%), Vitamin A: 1612.76IU (32.26%), Manganese: 0.22mg (10.87%), Vitamin K: 10.62µg (10.11%), Selenium: 5.38µg (7.69%), Iron: 1.22mg (6.78%), Copper: 0.12mg (6.19%), Vitamin B1: 0.09mg (5.88%), Folate: 22.02µg (5.51%), Fiber: 1.27g (5.07%),

Phosphorus: 49.03mg (4.9%), Vitamin B2: 0.08mg (4.68%), Magnesium: 18.54mg (4.63%), Vitamin E: 0.57mg (3.82%), Vitamin B3: 0.72mg (3.61%), Calcium: 32.33mg (3.23%), Potassium: 81.52mg (2.33%), Zinc: 0.34mg (2.27%), Vitamin B5: 0.17mg (1.66%)