



Nutty Oatmeal-Chocolate Chunk Cookies

READY IN



45 min.

SERVINGS



72

CALORIES



96 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 4.6 ounce chocolate chopped
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2.5 cups oats uncooked
- ☐ 1.5 cups pecans chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 tablespoon vanilla extract

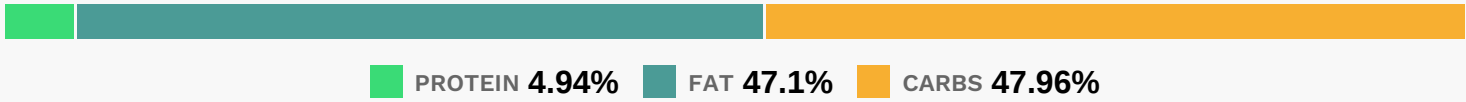
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Process oats in a blender or food processor until ground.
- ☐ Beat butter and sugars at medium speed with an electric mixer until fluffy.
- ☐ Add eggs and vanilla; beat until blended.
- ☐ Combine ground oats, flour, and next 3 ingredients.
- ☐ Add to butter mixture, beating until blended. Stir in chocolate and pecans.
- ☐ Drop dough by tablespoonfuls onto ungreased baking sheets.
- ☐ Bake at 375 for 7 to 8 minutes or until golden brown; remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:2.115217399662%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate:

0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 95.79kcal (4.79%), Fat: 5.16g (7.94%), Saturated Fat: 1.11g (6.97%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 11.12g (4.04%), Sugar: 6.83g (7.59%), Cholesterol: 5.17mg (1.72%), Sodium: 70.37mg (3.06%), Alcohol: 0.06g (100%), Alcohol %: 0.37% (100%), Protein: 1.22g (2.43%), Manganese: 0.24mg (12%), Vitamin B1: 0.06mg (3.76%), Selenium: 2.61µg (3.73%), Phosphorus: 29.1mg (2.91%), Copper: 0.06mg (2.83%), Fiber: 0.7g (2.79%), Magnesium: 10.04mg (2.51%), Iron: 0.44mg (2.46%), Vitamin A: 121.55IU (2.43%), Vitamin B2: 0.04mg (2.18%), Folate: 8.52µg (2.13%), Zinc: 0.28mg (1.84%), Vitamin B3: 0.28mg (1.41%), Calcium: 11.6mg (1.16%), Vitamin E: 0.16mg (1.09%), Potassium: 36.17mg (1.03%)