



Oatmeal, Chocolate Chip, and Pecan Cookies

READY IN



86 min.

SERVINGS



12

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 cup regular oats uncooked
- ☐ 0.3 cup pecans chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup semisweet chocolate mini-morsels
- ☐ 1.5 teaspoons vanilla extract

Equipment

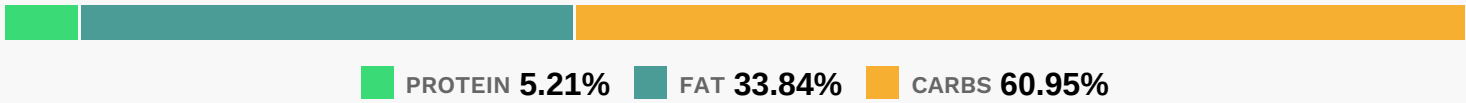
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant.
- ☐ Whisk together flour and next 4 ingredients. Beat sugars and butter at medium speed with an electric mixer until well blended.
- ☐ Add vanilla and egg, beating until blended. Gradually add flour mixture, beating at low speed just until combined. Stir in toasted pecans and mini-morsels.
- ☐ Drop dough by tablespoonfuls 2 inches apart onto parchment paper-lined baking sheets.
- ☐ Bake at 350 for 12 minutes or until edges of cookies are lightly browned. Cool on baking sheets 2 minutes.
- ☐ Transfer to wire racks, and cool completely (about 20 minutes).
- ☐ Try This Twist!
- ☐ Reduced-Sugar Oatmeal, Chocolate Chip, and Pecan Cookies: Substitute granular sweetener for granulated sugar and brown sugar sweetener for brown sugar.
- ☐ Note: We tested with Whey Low 100% All Natural Granular Sweetener and Gold Brown Sugar Sweetener. This variation is slightly more dense and has a chewier texture, but it's equally delicious.

Per cookie: Calories 58; Fat 1g (sat 5g, mono 1g, poly 4g); Protein 1g; Carb 7g; Fiber 5g; Chol 5mg; Iron 4mg; Sodium 60mg; Calc 9mg.

Nutrition Facts



Properties

Glycemic Index:28.09, Glycemic Load:17.53, Inflammation Score:-3, Nutrition Score:5.34999999628605%

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: 252.5kcal (12.62%), Fat: 9.62g (14.79%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 38.96g (12.99%), Net Carbohydrates: 37.32g (13.57%), Sugar: 23.43g (26.03%), Cholesterol: 29.35mg (9.78%), Sodium: 187.71mg (8.16%), Alcohol: 0.17g (100%), Alcohol %: 0.36% (100%), Caffeine: 4.18mg (1.39%), Protein: 3.33g (6.67%), Manganese: 0.51mg (25.48%), Selenium: 8.39µg (11.98%), Vitamin B1: 0.15mg (10.12%), Iron: 1.42mg (7.9%), Phosphorus: 74.51mg (7.45%), Folate: 28.73µg (7.18%), Copper: 0.14mg (7.09%), Fiber: 1.64g (6.56%), Magnesium: 25.05mg (6.26%), Vitamin B2: 0.1mg (6.13%), Vitamin B3: 0.93mg (4.65%), Zinc: 0.63mg (4.22%), Vitamin A: 183.78IU (3.68%), Calcium: 31.56mg (3.16%), Potassium: 95.76mg (2.74%), Vitamin B5: 0.25mg (2.5%), Vitamin E: 0.29mg (1.91%), Vitamin B6: 0.03mg (1.5%), Vitamin K: 1.06µg (1.01%)