



Oatmeal, Chocolate Chip, and Pecan Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



84 kcal

DESSERT

Ingredients

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

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

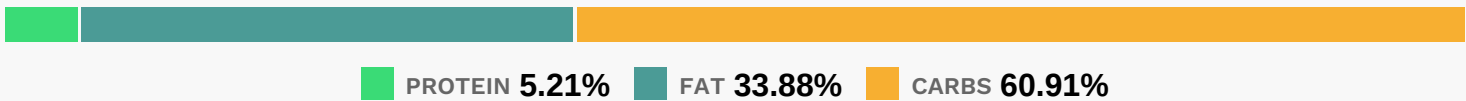
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (through salt), stirring with a whisk; set aside.
- ☐ Place sugars and butter in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add vanilla and egg; beat until blended. Gradually add flour mixture, beating at low speed just until combined. Stir in pecans and minichips. Drop dough by tablespoonfuls 2 inches apart onto baking sheets lined with parchment paper.
- ☐ Bake at 350 for 12 minutes or until edges of cookies are lightly browned. Cool on pans 2 minutes.
- ☐ Remove cookies from pans; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:9.36, Glycemic Load:5.84, Inflammation Score:-1, Nutrition Score:1.7965217508862%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 84.28kcal (4.21%), Fat: 3.21g (4.94%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 12.45g (4.53%), Sugar: 7.82g (8.69%), Cholesterol: 9.78mg (3.26%), Sodium: 73.12mg (3.18%), Alcohol: 0.06g (100%), Alcohol %: 0.36% (100%), Protein: 1.11g (2.22%), Manganese: 0.17mg (8.51%), Selenium: 2.8µg (3.99%), Vitamin B1: 0.05mg (3.37%), Iron: 0.48mg (2.65%), Phosphorus: 25.49mg (2.55%), Folate: 9.56µg (2.39%), Copper: 0.05mg (2.38%), Fiber: 0.55g (2.19%), Magnesium: 8.4mg (2.1%), Vitamin B2: 0.03mg (2.04%), Vitamin B3: 0.31mg (1.55%), Zinc: 0.21mg (1.41%), Vitamin A: 61.27IU (1.23%), Calcium: 12.16mg (1.22%)