



HEALTH SCORE

60%

Oatmeal-Chocolate Chip Cookies



Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



6544 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 1.3 cups butter softened
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup pecans toasted chopped
- ☐ 3 cups quick-cooking oats uncooked

- ☐ 0.5 teaspoon salt
- ☐ 1 cup semisweet chocolate morsels
- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup walnuts toasted chopped

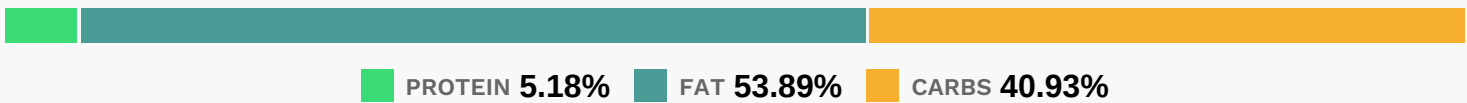
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugars, beating well.
- ☐ Add egg and vanilla, beating until combined.
- ☐ Combine flour, baking powder, and salt; gradually add to butter mixture, beating until blended. Stir in oats and remaining ingredients. Drop by rounded tablespoonfuls onto ungreased baking sheets.
- ☐ Bake at 375 for 10 minutes or until lightly browned. Cool cookies on baking sheets 1 minute; remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:382.09, Glycemic Load:268.41, Inflammation Score:-10, Nutrition Score:73.690869554229%

Flavonoids

Cyanidin: 7.44mg, Cyanidin: 7.44mg, Cyanidin: 7.44mg, Cyanidin: 7.44mg Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg

Nutrients (% of daily need)

Calories: 6543.86kcal (327.19%), Fat: 400.09g (615.53%), Saturated Fat: 197.01g (1231.34%), Carbohydrates: 683.62g (227.87%), Net Carbohydrates: 632.13g (229.87%), Sugar: 335.58g (372.87%), Cholesterol: 806.86mg (268.95%), Sodium: 3560.84mg (154.82%), Alcohol: 4.47g (100%), Alcohol %: 0.42% (100%), Caffeine: 154.8mg (51.6%), Protein: 86.52g (173.03%), Manganese: 18.73mg (936.49%), Magnesium: 1202.38mg (300.59%), Selenium: 187.1µg (267.29%), Copper: 5.13mg (256.59%), Phosphorus: 2400.05mg (240%), Vitamin B1: 3.44mg (229.19%), Fiber: 51.49g (205.95%), Iron: 37.06mg (205.91%), Vitamin A: 7493.13IU (149.86%), Folate: 523.95µg (130.99%), Zinc: 19.12mg (127.47%), Vitamin B2: 1.82mg (107.13%), Potassium: 2952.3mg (84.35%), Calcium: 820.77mg (82.08%), Vitamin B3: 16.26mg (81.3%), Vitamin E: 11.16mg (74.38%), Vitamin B5: 5.19mg (51.93%), Vitamin B6: 0.98mg (49%), Vitamin K: 44.81µg (42.67%), Vitamin B12: 1.25µg (20.86%), Vitamin D: 1µg (6.67%), Vitamin C: 1.36mg (1.65%)