



Oatmeal Chocolate Chunk Cookies

 Very Healthy

READY IN



15 min.

SERVINGS



1

CALORIES



7418 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 3 cups oats uncooked
- ☐ 1 cup pecans toasted chopped

- ☐ 0.5 teaspoon salt
- ☐ 11.5 ounce bittersweet chocolate
- ☐ 2 teaspoons vanilla extract

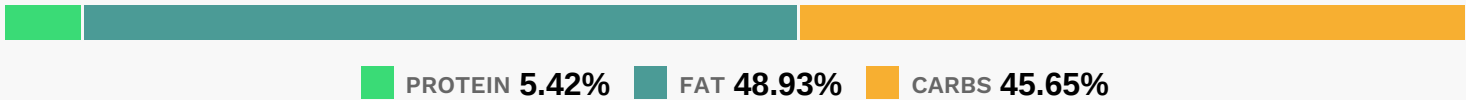
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Beat butter and sugars at medium speed with an electric mixer until creamy.
- ☐ Add eggs and vanilla, beating well.
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, baking soda, and salt in a bowl, stirring well.
- ☐ Add oats; stir well.
- ☐ Add to butter mixture; stir until well blended. Gently stir in morsels and pecans. Drop by rounded tablespoons 2 inches apart onto baking sheets lined with parchment paper.
- ☐ Bake at 350 for 10 minutes or until brown around edges. Cool on pan 2 to 3 minutes or until firm.
- ☐ Remove cookies from pan; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:245.09, Glycemic Load:264.37, Inflammation Score:-10, Nutrition Score:76.5886956246%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3–gallate: 2.28mg, Epigallocatechin 3–gallate: 2.28mg, Epigallocatechin 3–gallate: 2.28mg, Epigallocatechin 3–gallate: 2.28mg

Nutrients (% of daily need)

Calories: 7418.26kcal (370.91%), Fat: 408.42g (628.34%), Saturated Fat: 200.84g (1255.25%), Carbohydrates: 857.4g (285.8%), Net Carbohydrates: 790.5g (287.45%), Sugar: 441.41g (490.46%), Cholesterol: 879.61mg (293.2%), Sodium: 3974.27mg (172.79%), Alcohol: 2.75g (100%), Alcohol %: 0.22% (100%), Caffeine: 280.38mg (93.46%), Protein: 101.76g (203.52%), Manganese: 19.5mg (975.18%), Copper: 6.76mg (337.84%), Selenium: 222.42µg (317.74%), Magnesium: 1121.59mg (280.4%), Iron: 48.47mg (269.3%), Fiber: 66.9g (267.61%), Phosphorus: 2650.94mg (265.09%), Vitamin B1: 3.89mg (259.43%), Zinc: 25.31mg (168.74%), Folate: 613.13µg (153.28%), Vitamin B2: 2.46mg (144.78%), Vitamin A: 6431.18IU (128.62%), Potassium: 3901.63mg (111.48%), Vitamin B3: 21.82mg (109.11%), Vitamin B5: 7.73mg (77.28%), Calcium: 731.1mg (73.11%), Vitamin E: 10.8mg (71.98%), Vitamin B6: 0.94mg (47.05%), Vitamin K: 48.74µg (46.42%), Vitamin B12: 1.86µg (31.05%), Vitamin D: 2µg (13.33%), Vitamin C: 1.09mg (1.32%)