



Oatmeal-Pecan Snack Cookies

READY IN



34 min.

SERVINGS



4

CALORIES



1117 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups t brown sugar dark packed
- ☐ 0.3 cup butter softened
- ☐ 0.8 cup cherries dried
- ☐ 0.5 cup egg substitute
- ☐ 1.8 cups flour all-purpose
- ☐ 6 ounces cream cheese softened reduced-fat
- ☐ 3 cups oats uncooked
- ☐ 0.5 cup pecans chopped

- ☐ 1.8 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ ziploc bags
- ☐ microwave
- ☐ kitchen scissors

Directions

- ☐ Preheat oven to 350
- ☐ Combine flour, pumpkin pie spice, salt, and baking soda.
- ☐ Beat butter, cream cheese, and sugar at medium speed with an electric mixer until fluffy.
- ☐ Add egg substitute and vanilla, beating until blended. Gradually add flour mixture, beating at low speed just until blended. Stir in oats and dried cherries.
- ☐ Drop dough by rounded tablespoonfuls onto baking sheets coated with cooking spray; gently flatten dough into circles.
- ☐ Sprinkle about 1/2 tsp. chopped pecans onto each dough circle, gently pressing into dough.
- ☐ Bake, in batches, at 350 for 13 to 14 minutes or until a wooden pick inserted in centers comes out clean.
- ☐ Remove cookies from baking sheets to wire racks, and let cool 10 minutes.
- ☐ Carrot–Oatmeal–Pecan Snack Cookies: Prepare dough as directed through Step 2, stirring in 2 grated carrots with oats and cherries. Proceed with recipe as directed.
- ☐ Per cookie: Calories 99; Fat 7g (sat 3g, mono 9g, poly 5g); Protein 1g; Carb 1g; Fiber 1g; Chol 5mg; Iron 7mg; Sodium 70mg; Calc 18mg.

- ☐ Chocolate–Oatmeal–Pecan Snack Cookies: Prepare cookies as directed through Step Break 4 (87–oz.) dark chocolate bars into pieces. Microwave chocolate pieces in a small microwave–safe bowl at HIGH 45 seconds to 1 minute or until melted and smooth, stirring at 15–second intervals. Spoon chocolate into a small zip–top plastic bag. Snip 1 corner of bag with scissors to make a tiny hole.
- ☐ Drizzle chocolate onto cookies.
- ☐ Let stand 1 hour or until set.
- ☐ Note: For testing purposes only, we used Cocoa
- ☐ Via Original Chocolate Bars.
- ☐ Per cookie: Calories 109; Fat 1g (sat 7g, mono 9g, poly 5g); Protein 2g; Carb 1g; Fiber 1g; Chol 5mg; Iron 8mg; Sodium 68mg; Calc 17mg.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:44.27, Inflammation Score:-9, Nutrition Score:28.813478164051%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg

Nutrients (% of daily need)

Calories: 1116.93kcal (55.85%), Fat: 32.43g (49.9%), Saturated Fat: 12.82g (80.13%), Carbohydrates: 187.1g (62.37%), Net Carbohydrates: 175.91g (63.97%), Sugar: 96.36g (107.07%), Cholesterol: 53.47mg (17.82%), Sodium: 763.1mg (33.18%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 23.14g (46.28%), Manganese: 3.39mg (169.72%), Selenium: 51.94µg (74.2%), Vitamin B1: 0.85mg (56.93%), Fiber: 11.19g (44.78%), Phosphorus: 440.16mg (44.02%), Iron: 7.27mg (40.37%), Vitamin B2: 0.58mg (34.33%), Folate: 136.88µg (34.22%), Magnesium: 129.36mg (32.34%), Vitamin A: 1473.51IU (29.47%), Copper: 0.54mg (27.21%), Zinc: 3.81mg (25.4%), Calcium: 232.79mg (23.28%), Vitamin B3: 4.28mg (21.42%), Vitamin B5: 2.02mg (20.2%), Potassium: 623.92mg (17.83%), Vitamin B6: 0.21mg (10.53%), Vitamin E: 1.42mg (9.45%), Vitamin B12: 0.52µg (8.62%), Vitamin D: 0.61µg (4.05%), Vitamin K: 3.63µg (3.45%)