



Peanut Butter-Pecan Chocolate Chip-Granola Cookies

READY IN



90 min.

SERVINGS



60

CALORIES



119 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 1 cup creamy peanut butter
- 0.8 cup granulated sugar
- 0.8 cup brown sugar packed
- 2 eggs
- 1 teaspoon vanilla
- 1.8 cups cereal
- 1 cup milk chocolate chips

- 1 cup pecans coarsely chopped
- 2 cups frangelico

Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 350°F. In large bowl, mix butter, peanut butter, sugars, eggs and vanilla with spoon. Stir in remaining ingredients. On ungreased cookie sheet, drop dough by rounded tablespoonfuls about 2 inches apart.
- Bake 9 to 11 minutes or until edges are light golden brown (do not overbake). Cool 3 minutes; remove from cookie sheet to cooling rack.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:1.86, Inflammation Score:-1, Nutrition Score:2.2086956636251%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 119.33kcal (5.97%), Fat: 8.22g (12.65%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 10.17g (3.7%), Sugar: 8.14g (9.05%), Cholesterol: 13.59mg (4.53%), Sodium: 46.83mg (2.04%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 1.77g (3.55%), Manganese: 0.24mg (12.13%), Vitamin E: 0.66mg (4.38%), Phosphorus: 34mg (3.4%), Magnesium: 13.21mg (3.3%), Vitamin B3: 0.63mg (3.16%), Copper:

0.05mg (2.64%), Fiber: 0.57g (2.26%), Vitamin A: 103.48IU (2.07%), Selenium: 1.4µg (2%), Vitamin B1: 0.03mg (1.98%), Zinc: 0.29mg (1.91%), Iron: 0.32mg (1.79%), Potassium: 60.82mg (1.74%), Vitamin B6: 0.03mg (1.55%), Folate: 6.14µg (1.53%), Vitamin B2: 0.03mg (1.5%), Calcium: 12.63mg (1.26%), Vitamin B5: 0.11mg (1.12%)