



Pecan Chocolate Chip Cookie Brittle

READY IN



70 min.

SERVINGS



24

CALORIES



205 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup butter cooled melted
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 teaspoon vanilla
- ☐ 1 cup semisweet chocolate chips miniature

- ☐ 1 cup pecans toasted
- ☐ 0.5 cup coconut flakes flaked toasted

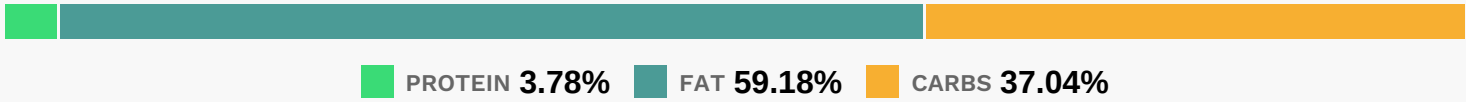
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Lightly grease 15x10x1-inch pan with shortening.
- ☐ In small bowl, mix flour, baking powder, baking soda and salt. In large bowl, mix butter, both sugars and vanilla; add flour mixture, stirring until smooth. Stir in chocolate chips, pecans and coconut (dough will look crumbly). Press dough evenly into pan, pressing almost to edges.
- ☐ Bake 18 to 20 minutes or until lightly browned and crisp. Cool completely in pan, about 30 minutes. Break cookie into pieces.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:7.28, Inflammation Score:-3, Nutrition Score:4.2326087420401%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 204.79kcal (10.24%), Fat: 13.73g (21.13%), Saturated Fat: 7.1g (44.36%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 17.66g (6.42%), Sugar: 11.08g (12.31%), Cholesterol: 15.84mg (5.28%), Sodium: 101.61mg (4.42%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Caffeine: 8.48mg (2.83%), Protein: 1.97g (3.95%), Manganese:

0.42mg (21.04%), Copper: 0.2mg (9.99%), Fiber: 1.68g (6.74%), Iron: 1.19mg (6.63%), Magnesium: 26.14mg (6.53%), Vitamin B1: 0.09mg (6.21%), Selenium: 4.09µg (5.85%), Phosphorus: 54.63mg (5.46%), Folate: 15.61µg (3.9%), Vitamin A: 184.51IU (3.69%), Zinc: 0.55mg (3.64%), Vitamin B2: 0.05mg (3.17%), Vitamin B3: 0.61mg (3.05%), Potassium: 96.92mg (2.77%), Calcium: 24.74mg (2.47%), Vitamin E: 0.29mg (1.95%), Vitamin K: 1.38µg (1.31%), Vitamin B5: 0.13mg (1.25%), Vitamin B6: 0.02mg (1.11%)