



Pecan-Chocolate Chip Cookie Brittle

READY IN



36 min.

SERVINGS



1

CALORIES



4541 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.8 cup butter cooled melted
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup pecans toasted (see note)
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semisweet chocolate mini-morsels

- ☐ 0.5 cup coconut or sweetened flaked toasted (see note)
- ☐ 1 teaspoon vanilla extract

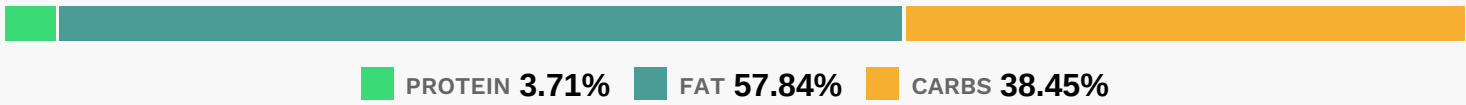
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine first 4 ingredients; set aside.
- ☐ Stir together butter and next 3 ingredients in a large bowl; add flour mixture, stirring until smooth. Stir in chocolate morsels, pecans, and coconut. (Dough will look crumbly.)
- ☐ Press dough evenly into a lightly greased 15" x 10" jelly-roll pan, pressing almost to edges.
- ☐ Bake at 350 for 19 minutes or until lightly browned and cookie "slab" seems crisp. Cool completely in pan. Break cookie into pieces.
- ☐ Note: You can toast pecan pieces and coconut in the same pan at 350 for 8 minutes.

Nutrition Facts



Properties

Glycemic Index:297.09, Glycemic Load:174.86, Inflammation Score:-10, Nutrition Score:62.757390944854%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3–gallate: 2.51mg, Epigallocatechin 3–gallate: 2.51mg, Epigallocatechin 3–gallate: 2.51mg, Epigallocatechin 3–gallate: 2.51mg

Nutrients (% of daily need)

Calories: 4540.74kcal (227.04%), Fat: 297.66g (457.93%), Saturated Fat: 144.31g (901.94%), Carbohydrates: 445.24g (148.41%), Net Carbohydrates: 411.5g (149.64%), Sugar: 256.26g (284.73%), Cholesterol: 376.54mg (125.51%), Sodium: 2537.95mg (110.35%), Alcohol: 1.38g (100%), Alcohol %: 0.2% (100%), Caffeine: 150.5mg

(50.17%), Protein: 42.94g (85.88%), Manganese: 8.97mg (448.61%), Copper: 3.93mg (196.63%), Vitamin B1: 2.26mg (150.84%), Fiber: 33.74g (134.97%), Iron: 24.21mg (134.53%), Selenium: 92.44µg (132.06%), Magnesium: 514.4mg (128.6%), Phosphorus: 1133.6mg (113.36%), Folate: 374.22µg (93.56%), Vitamin A: 4403.09IU (88.06%), Zinc: 11.38mg (75.87%), Vitamin B2: 1.24mg (72.99%), Vitamin B3: 14.28mg (71.39%), Calcium: 556.17mg (55.62%), Potassium: 1940.43mg (55.44%), Vitamin E: 6.62mg (44.14%), Vitamin K: 28.9µg (27.52%), Vitamin B5: 2.63mg (26.32%), Vitamin B6: 0.42mg (20.99%), Vitamin B12: 0.6µg (10.07%), Vitamin C: 1.2mg (1.45%)