



Pecan-Chocolate Chip Cookies

READY IN



30 min.

SERVINGS



1

CALORIES



6605 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup t brown sugar dark packed
- 0.8 cup butter softened
- 2 large eggs
- 2.3 cups flour all-purpose
- 0.8 cup granulated sugar
- 1.5 cups pecans toasted chopped
- 0.8 teaspoon salt
- 12 ounce semi chocolate chips

1.5 teaspoons vanilla extract

Equipment

bowl

baking sheet

oven

hand mixer

Directions

Beat butter and sugars at medium speed with an electric mixer until creamy.

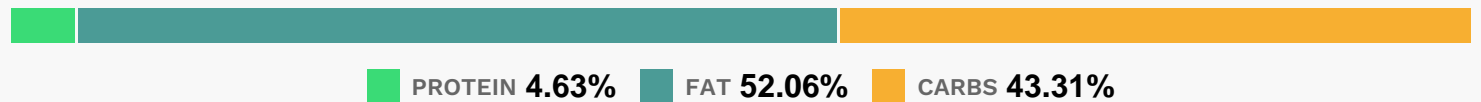
Add eggs and vanilla, beating until blended.

Combine flour, soda, and salt in a small bowl; gradually add to butter mixture, beating well. Stir in morsels and pecans. Drop by tablespoonfuls onto lightly greased baking sheets.

Bake at 350 for 8 to 14 minutes or until desired degree of doneness.

Remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:205.09, Glycemic Load:260.68, Inflammation Score:-10, Nutrition Score:73.667826051297%

Flavonoids

Cyanidin: 15.95mg, Cyanidin: 15.95mg, Cyanidin: 15.95mg, Cyanidin: 15.95mg Delphinidin: 10.81mg, Delphinidin: 10.81mg, Delphinidin: 10.81mg, Delphinidin: 10.81mg Catechin: 10.75mg, Catechin: 10.75mg, Catechin: 10.75mg, Catechin: 10.75mg Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg

Nutrients (% of daily need)

Calories: 6605.08kcal (330.25%), Fat: 388.07g (597.03%), Saturated Fat: 175.2g (1095%), Carbohydrates: 726.44g (242.15%), Net Carbohydrates: 677.37g (246.32%), Sugar: 442.52g (491.69%), Cholesterol: 758.45mg (252.82%), Sodium: 4163.1mg (181%), Alcohol: 2.06g (100%), Alcohol %: 0.19% (100%), Caffeine: 292.57mg (97.52%), Protein:

77.74g (155.48%), Manganese: 13.27mg (663.3%), Copper: 6.6mg (329.92%), Selenium: 164.86µg (235.51%), Iron: 41.36mg (229.78%), Vitamin B1: 3.35mg (223.06%), Magnesium: 871.32mg (217.83%), Fiber: 49.07g (196.26%), Phosphorus: 1845.42mg (184.54%), Folate: 601.11µg (150.28%), Vitamin B2: 2.3mg (135.19%), Zinc: 19.23mg (128.2%), Vitamin B3: 21.55mg (107.73%), Vitamin A: 5047.8IU (100.96%), Potassium: 3249.24mg (92.84%), Vitamin E: 9.25mg (61.7%), Calcium: 594.11mg (59.41%), Vitamin B5: 5.47mg (54.74%), Vitamin K: 42.75µg (40.72%), Vitamin B6: 0.8mg (39.78%), Vitamin B12: 1.79µg (29.86%), Vitamin D: 2µg (13.33%), Vitamin C: 1.63mg (1.98%)