



Pumpkin Chocolate Chip Cookies

READY IN



32 min.

SERVINGS



60

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup pumpkin puree canned
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup brown sugar light

- ☐ 2 cups milk chocolate chips (12-ounce bag)
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted softened (2 sticks)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

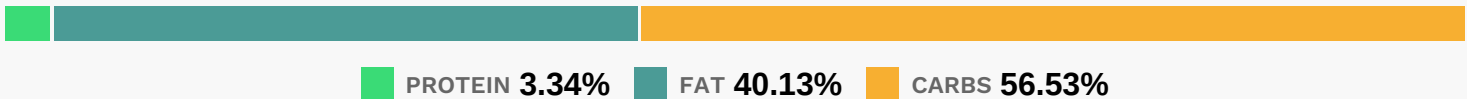
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oven to 350 degrees F. Spray cookie sheets with nonstick spray or line them with parchment paper.
- ☐ Using a mixer, beat the butter until smooth. Beat in the white and brown sugars, a little at a time, until the mixture is light and fluffy. Beat in the eggs 1 at a time, then mix in the vanilla and pumpkin puree. In a large bowl, whisk together the flour, baking soda, salt, cinnamon, ginger, nutmeg, and cloves. Slowly beat the flour mixture into the batter in thirds. Stir in the chips. Scoop the cookie dough by heaping tablespoons onto the prepared cookie sheets and bake for 15 to 20 minutes, or until the cookies are browned around the edges.
- ☐ Remove the cookie sheets from the oven and let them rest for 2 minutes. Take the cookies off with a spatula and cool them on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:5.78, Inflammation Score:-5, Nutrition Score:2.0404347770888%

Nutrients (% of daily need)

Calories: 110.81kcal (5.54%), Fat: 5.03g (7.74%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 15.63g (5.68%), Sugar: 10.48g (11.65%), Cholesterol: 14.33mg (4.78%), Sodium: 60.07mg (2.61%), Alcohol: 0.02g (100%), Alcohol %: 0.1% (100%), Protein: 0.94g (1.88%), Vitamin A: 739.16IU (14.78%), Selenium: 2.76µg (3.94%), Manganese: 0.07mg (3.43%), Vitamin B1: 0.05mg (3.4%), Folate: 12.87µg (3.22%), Vitamin B2: 0.04mg (2.51%), Iron: 0.41mg (2.29%), Vitamin B3: 0.39mg (1.97%), Phosphorus: 12.61mg (1.26%), Fiber: 0.31g (1.25%), Potassium: 40.97mg (1.17%), Calcium: 11.64mg (1.16%), Vitamin E: 0.15mg (1.03%)