



Pumpkin Chocolate Chip Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



162 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter softened
- 0.5 cup butternut squash
- 1 tablespoon pumpkin pie spice
- 2 teaspoons water
- 0.1 teaspoon ground pepper red (cayenne)
- 1 eggs slightly beaten
- 1 bag semi chocolate chips

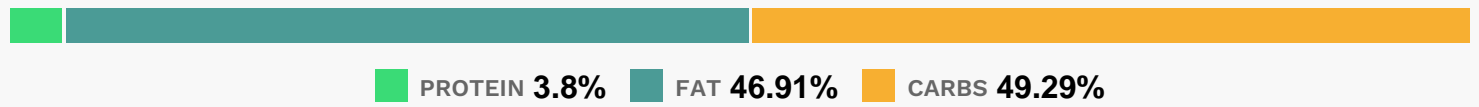
Equipment

- bowl
- baking sheet
- oven

Directions

- In large bowl, mix all ingredients except chocolate chunks until soft dough forms. Stir in chocolate chunks. Refrigerate 30 minutes.
- Heat oven to 350°F. Onto ungreased cookie sheets, drop dough by heaping tablespoonfuls about 2 inches apart.
- Bake 8 to 11 minutes or until edges are golden brown. Cool 1 minute; remove from cookie sheets to cooling racks. Cool at least 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.5752174083305%

Nutrients (% of daily need)

Calories: 161.65kcal (8.08%), Fat: 8.45g (13%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 19.98g (6.66%), Net Carbohydrates: 18.99g (6.91%), Sugar: 11.91g (13.23%), Cholesterol: 6.14mg (2.05%), Sodium: 86.36mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 1.54g (3.08%), Manganese: 0.19mg (9.36%), Vitamin A: 400.94IU (8.02%), Copper: 0.15mg (7.26%), Magnesium: 21.32mg (5.33%), Iron: 0.86mg (4.77%), Fiber: 0.99g (3.94%), Phosphorus: 34.27mg (3.43%), Potassium: 77.58mg (2.22%), Zinc: 0.33mg (2.18%), Selenium: 1.43µg (2.05%), Vitamin E: 0.24mg (1.6%), Vitamin B2: 0.02mg (1.18%), Calcium: 11.49mg (1.15%), Vitamin B1: 0.02mg (1.14%), Folate: 4.06µg (1.01%)