



## Pumpkin Chocolate Chip Cookies

READY IN



30 min.

SERVINGS



24

CALORIES



165 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 1.5 cups sugar
- 1 eggs
- 1 cup pumpkin puree canned
- 1 teaspoon vanilla
- 2.5 cups flour
- 1 teaspoon baking soda
- 0.8 teaspoon double-acting baking powder
- 1 teaspoon cinnamon

- 1 teaspoon nutmeg
- 0.3 teaspoon salt
- 0.8 cup chocolate chips

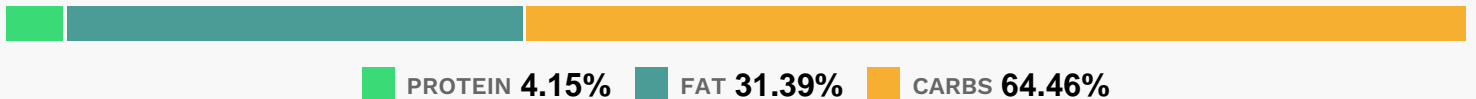
## Equipment

- baking sheet
- oven
- ice cream scoop

## Directions

- Preheat oven to 300 degrees.
- Cream butter and sugar together until light and fluffy.
- Beat in egg, pumpkin and vanilla(mixture will look slightly curdled).
- Mix and sift flour, baking powder, baking soda, salt, and nutmeg, and cinnamon.
- Add to creamed mixture and mix well.
- Add chocolate chips and mix thoroughly.
- Using a large ice cream scoop, scoop cookies onto ungreased baking sheet (do not crowd cookie dough, since it will spread).
- Bake at 300 degrees around 22 to 24 minutes.
- Remove from oven, let sit on cookie sheet for a minute or so, then place cookies on racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:15.09, Glycemic Load:15.97, Inflammation Score:-8, Nutrition Score:4.1130434618048%

## Nutrients (% of daily need)

Calories: 164.84kcal (8.24%), Fat: 5.84g (8.99%), Saturated Fat: 3.55g (22.19%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 26.3g (9.56%), Sugar: 16.12g (17.91%), Cholesterol: 16.99mg (5.66%), Sodium: 117.02mg (5.09%),

Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 1.74g (3.47%), Vitamin A: 1717.14IU (34.34%), Selenium: 5.14µg (7.35%), Vitamin B1: 0.11mg (7.06%), Folate: 26.13µg (6.53%), Manganese: 0.12mg (6.12%), Vitamin B2: 0.08mg (4.85%), Iron: 0.81mg (4.49%), Vitamin B3: 0.81mg (4.06%), Fiber: 0.71g (2.84%), Phosphorus: 25.38mg (2.54%), Vitamin K: 2.03µg (1.94%), Calcium: 19.28mg (1.93%), Copper: 0.03mg (1.66%), Vitamin E: 0.25mg (1.65%), Potassium: 55.88mg (1.6%), Magnesium: 5.78mg (1.45%), Vitamin B5: 0.13mg (1.32%)