



Pumpkin Chocolate Chip Cookies

READY IN



53 min.

SERVINGS



24

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 0.5 cup pumpkin canned
- ☐ 24 servings chocolate chips – any variety
- ☐ 24 servings solidified coconut oil
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 cup flour all-purpose

- ☐ 24 servings cranberries – fruit dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 24 servings flours – pastry flour whole wheat
- ☐ 0.5 cup cooking oats quick
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup semi-sweet chocolate chips
- ☐ 24 servings pumpkin – sweet potato/butternut squash/carrots pureed thick canned
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water
- ☐ 0.3 cup sugar white
- ☐ 0.5 cup flour whole wheat

Equipment

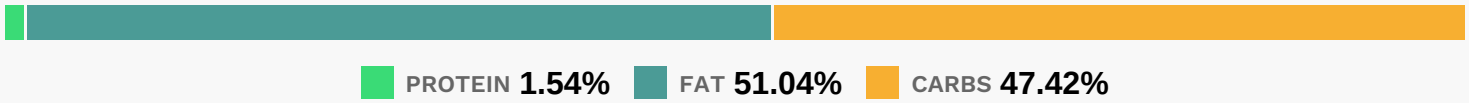
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ In a medium sized bowl mix together the dry ingredients except the chocolate chips and dried cranberries and set aside. In a large bowl, cream butter and sugars until light and fluffy.
- ☐ Add the water, vanilla extract and canned pumpkin and blend it for another minute or two. Incorporate the dry mix into the wet mix and combine well. Stir in the chocolate chips and dried cranberries. Refrigerate the dough for at least 20 minutes before baking. Meanwhile preheat oven at 350F/180C for 15 minutes. Line with parchment paper or grease baking sheet/s. Drop by tablespoonful onto the prepared baking sheet/s and bake it for 12–13 minutes in the middle rack. I took out mine after the 13th minute.

Transfer the pan to a cooling rack and let it sit for another 5 minutes. After that move the cookies directly to the wire rack and let it cool completely before storing it in an air-tight container.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:3.69, Inflammation Score:-6, Nutrition Score:4.64782606454%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 330.26kcal (16.51%), Fat: 19.98g (30.74%), Saturated Fat: 15.04g (93.97%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 39.02g (14.19%), Sugar: 31.4g (34.89%), Cholesterol: 10.39mg (3.46%), Sodium: 67.78mg (2.95%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Caffeine: 3.14mg (1.05%), Protein: 1.36g (2.72%), Vitamin A: 1056.67IU (21.13%), Manganese: 0.38mg (19.24%), Fiber: 2.76g (11.02%), Selenium: 4.27µg (6.09%), Vitamin E: 0.9mg (5.99%), Copper: 0.1mg (4.97%), Magnesium: 19.61mg (4.9%), Iron: 0.81mg (4.5%), Phosphorus: 40.5mg (4.05%), Vitamin K: 4.03µg (3.84%), Vitamin B1: 0.05mg (3.64%), Vitamin B3: 0.58mg (2.88%), Potassium: 81.88mg (2.34%), Vitamin B2: 0.04mg (2.16%), Zinc: 0.31mg (2.08%), Calcium: 20.27mg (2.03%), Folate: 7.76µg (1.94%), Vitamin B6: 0.04mg (1.86%), Vitamin B5: 0.16mg (1.63%)