

Pumpkin Chocolate Chip Cookies

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



173 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup pumpkin canned
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon milk
- ☐ 0.5 teaspoon salt

- ☐ 2 cups semi chocolate chips
- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup sugar white

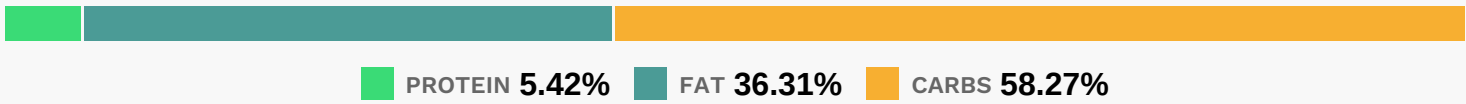
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine pumpkin, sugar, vegetable oil, and egg. In a separate bowl, stir together flour, baking powder, ground cinnamon, and salt. Dissolve the baking soda with the milk and stir in.
- ☐ Add flour mixture to pumpkin mixture and mix well.
- ☐ Add vanilla, chocolate chips and nuts.
- ☐ Drop by spoonful on greased cookie sheet and bake at 350 degrees F (175 degrees C) for approximately 10 minutes or until lightly brown and firm.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:11.66, Inflammation Score:-8, Nutrition Score:6.0078260406204%

Nutrients (% of daily need)

Calories: 173.25kcal (8.66%), Fat: 7g (10.76%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 23.39g (8.51%), Sugar: 14.28g (15.86%), Cholesterol: 7.74mg (2.58%), Sodium: 134.43mg (5.84%), Alcohol: 0.19g (100%), Alcohol %: 0.46% (100%), Caffeine: 12.9mg (4.3%), Protein: 2.35g (4.7%), Vitamin A: 1606.95IU (32.14%), Manganese: 0.32mg (15.82%), Copper: 0.22mg (10.8%), Iron: 1.66mg (9.23%), Magnesium: 31.54mg (7.89%), Selenium: 5.46µg (7.79%), Fiber: 1.87g (7.47%), Phosphorus: 65.11mg (6.51%), Vitamin B1: 0.09mg (6%), Folate: 21.16µg (5.29%), Vitamin B2: 0.08mg (4.42%), Vitamin K: 4.47µg (4.26%), Vitamin B3: 0.78mg (3.92%), Calcium: 36.23mg (3.62%), Potassium: 121.83mg (3.48%), Zinc: 0.52mg (3.45%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.16mg (1.61%)