

Pumpkin Chocolate Chip Cookies

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



189 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
- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white

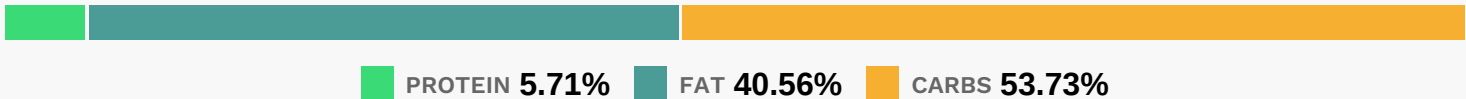
Equipment

- ☐ 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:12.5, Glycemic Load:11.69, Inflammation Score:-8, Nutrition Score:6.5600000334823%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 189.19kcal (9.46%), Fat: 8.58g (13.21%), Saturated Fat: 3.69g (23.03%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 23.56g (8.57%), Sugar: 14.34g (15.93%), Cholesterol: 7.74mg (2.58%), Sodium: 134.48mg (5.85%), Alcohol: 0.19g (100%), Alcohol %: 0.43% (100%), Caffeine: 12.9mg (4.3%), Protein: 2.72g (5.44%), Vitamin A: 1607.44IU (32.15%), Manganese: 0.4mg (19.98%), Copper: 0.25mg (12.74%), Iron: 1.73mg (9.62%), Magnesium:

35.39mg (8.85%), Fiber: 2.03g (8.12%), Selenium: 5.57µg (7.96%), Phosphorus: 73.54mg (7.35%), Vitamin B1: 0.1mg (6.55%), Folate: 23.55µg (5.89%), Vitamin B2: 0.08mg (4.64%), Vitamin K: 4.54µg (4.32%), Vitamin B3: 0.81mg (4.06%), Zinc: 0.59mg (3.95%), Calcium: 38.62mg (3.86%), Potassium: 132.58mg (3.79%), Vitamin E: 0.32mg (2.12%), Vitamin B5: 0.17mg (1.75%), Vitamin B6: 0.03mg (1.61%)