



Pumpkin Chocolate Chip Cookies I

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



48

CALORIES



92 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup pumpkin canned
- 1 eggs
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon salt

- 1 cup semi chocolate chips
- 0.5 cup shortening
- 1 teaspoon vanilla extract
- 1.5 cups sugar white

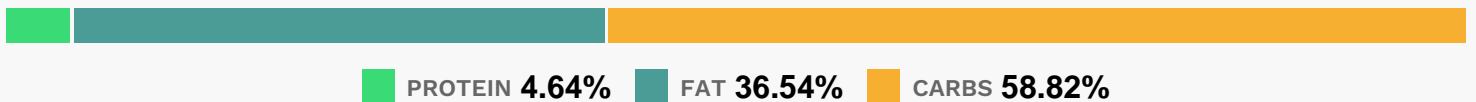
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, cream together the shortening and sugar until light and fluffy. Beat in the egg, then stir in the pumpkin and vanilla.
- Combine the flour, baking powder, baking soda, salt, nutmeg, and cinnamon; gradually mix into the creamed mixture. Stir in the walnuts and chocolate chips. Drop dough by teaspoonfuls onto the prepared cookie sheets.
- Bake for 15 minutes in the preheated oven, or until light brown. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:7.99, Inflammation Score:-5, Nutrition Score:2.6139130926003%

Nutrients (% of daily need)

Calories: 92kcal (4.6%), Fat: 3.77g (5.8%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 13.01g (4.73%), Sugar: 7.83g (8.7%), Cholesterol: 3.63mg (1.21%), Sodium: 82.31mg (3.58%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.22mg (1.08%), Protein: 1.08g (2.16%), Vitamin A: 801.35IU (16.03%), Manganese: 0.11mg (5.55%), Selenium: 2.86µg (4.09%), Vitamin B1: 0.05mg (3.63%), Iron: 0.65mg (3.58%), Folate: 12.99µg (3.25%), Copper: 0.06mg (3.17%), Fiber: 0.65g (2.62%), Vitamin B2: 0.04mg (2.49%), Magnesium: 9.45mg (2.36%), Phosphorus: 22.33mg (2.23%), Vitamin B3: 0.44mg (2.18%), Vitamin K: 2.26µg (2.15%),

Vitamin E: 0.22mg (1.48%), Potassium: 40.61mg (1.16%), Zinc: 0.17mg (1.12%), Calcium: 10.66mg (1.07%)