



Pumpkin Chocolate Chip Cookies II

READY IN



45 min.

SERVINGS



36

CALORIES



96 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup pumpkin canned
- 1 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 1 teaspoon milk
- 1 cup semi chocolate chips

- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 0.5 cup walnuts chopped
- 1 cup sugar white

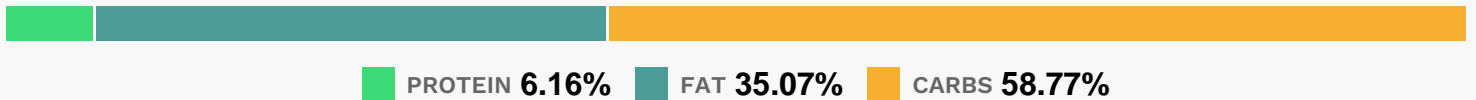
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Mix in a large bowl, pumpkin, sugar, vegetable oil, egg and vanilla. Blend well.
- In a separate bowl, combine flour, baking powder, cinnamon, nutmeg, and baking soda. Stir into pumpkin mixture, add the milk. Blend well. Stir in the chocolate chips and nuts.
- Use teaspoon to drop cookies on baking sheet.
- Bake 8 - 10 minutes.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:7.8, Inflammation Score:-6, Nutrition Score:3.5839130418456%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 96.35kcal (4.82%), Fat: 3.81g (5.86%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 13.44g (4.89%), Sugar: 7.69g (8.55%), Cholesterol: 4.86mg (1.62%), Sodium: 41.63mg (1.81%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.51g (3.01%), Vitamin A: 1068.97IU (21.38%), Manganese: 0.19mg (9.5%), Copper: 0.11mg (5.36%), Selenium: 3.29µg (4.71%), Iron: 0.83mg (4.63%), Vitamin B1: 0.06mg (4.26%), Folate: 15.7µg (3.93%), Fiber: 0.93g (3.7%), Magnesium: 14.74mg (3.69%),

Phosphorus: 35.99mg (3.6%), Vitamin B2: 0.05mg (2.93%), Vitamin K: 2.65µg (2.52%), Vitamin B3: 0.5mg (2.49%), Calcium: 22.05mg (2.21%), Zinc: 0.26mg (1.74%), Potassium: 59.44mg (1.7%), Vitamin E: 0.18mg (1.21%), Vitamin B5: 0.1mg (1.01%)