



## Pumpkin-Chocolate Chunk Cookies

 Dairy Free

READY IN



28 min.

SERVINGS



28

CALORIES



182 kcal

DESSERT

### Ingredients

- 1.5 tsp baking soda
- 0.5 cup brown sugar packed
- 0.8 cup butter softened
- 1 cup pumpkin canned
- 1 eggs
- 2.5 cups flour
- 0.5 cup granulated sugar
- 1 tsp pumpkin pie spice

- 0.3 tsp salt
- 1 cup baker's semi-sweet chocolate chunks
- 1 tsp vanilla
- 1 cup planters walnuts chopped

## Equipment

- bowl
- baking sheet
- oven
- blender

## Directions

- Heat oven to 375F.
- Mix flour, baking soda and salt. Beat butter, sugars and pumpkin spice in large bowl with mixer until light and fluffy.
- Add egg, pumpkin and vanilla; mix well. Gradually beat in flour mixture until well blended. Stir in chocolate and nuts.
- Drop by heaping tablespoonfuls, 2 inches apart, onto baking sheets.
- Bake 12 to 13 min. or until lightly browned. Cool on baking sheets 1 min.; remove to wire racks. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:5.9, Glycemic Load:8.71, Inflammation Score:-8, Nutrition Score:5.4843478157468%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

## Nutrients (% of daily need)

Calories: 182.4kcal (9.12%), Fat: 10.32g (15.87%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 19.27g (7.01%), Sugar: 10.13g (11.25%), Cholesterol: 6.22mg (2.07%), Sodium: 150.31mg (6.54%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Caffeine: 5.38mg (1.79%), Protein: 2.53g (5.06%), Vitamin A: 1591.86IU (31.84%), Manganese: 0.33mg (16.39%), Copper: 0.17mg (8.68%), Selenium: 5.11µg (7.29%), Vitamin B1: 0.11mg (7.15%), Iron: 1.23mg (6.81%), Folate: 26.42µg (6.61%), Magnesium: 22.9mg (5.72%), Fiber: 1.34g (5.38%), Phosphorus: 50.57mg (5.06%), Vitamin B2: 0.08mg (4.68%), Vitamin B3: 0.8mg (4%), Zinc: 0.41mg (2.74%), Potassium: 94.48mg (2.7%), Vitamin E: 0.37mg (2.48%), Vitamin B6: 0.04mg (1.97%), Vitamin K: 2.02µg (1.92%), Calcium: 18.36mg (1.84%), Vitamin B5: 0.16mg (1.61%)