



Pumpkin Oatmeal Chocolate Chip Cookies

READY IN



25 min.

SERVINGS



72

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 2 cups brown sugar packed
- ☐ 1.5 cups butter softened
- ☐ 15 ounce pumpkin puree canned
- ☐ 2 cups chocolate chips miniature
- ☐ 1 eggs
- ☐ 4 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon

- ☐ 2 cups quick-cooking oats
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

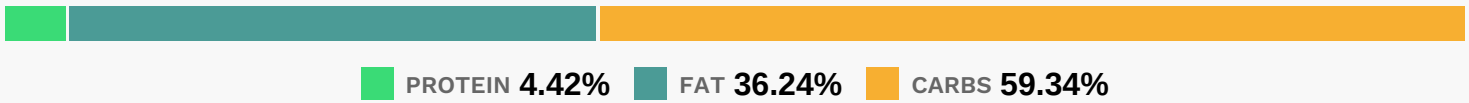
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Beat butter, brown sugar, and white sugar together in a bowl until creamy.
- ☐ Add pumpkin, egg, and vanilla extract; beat until smooth.
- ☐ Mix flour, oats, cinnamon, baking soda, baking powder, and salt in a separate bowl; stir into creamed butter until combined. Fold chocolate chips into batter. Drop 1 to 2 tablespoons batter for each cookie onto a baking sheet.
- ☐ Bake in the preheated oven until the edges of each cookie are lightly browned, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:4.96, Glycemic Load:6.65, Inflammation Score:-6, Nutrition Score:3.0065217827973%

Nutrients (% of daily need)

Calories: 129.77kcal (6.49%), Fat: 5.31g (8.17%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 18.83g (6.85%), Sugar: 12.09g (13.43%), Cholesterol: 13.19mg (4.4%), Sodium: 105.51mg (4.59%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 1.46g (2.91%), Vitamin A: 1052.02IU (21.04%), Manganese: 0.17mg (8.36%), Selenium: 3.47µg (4.96%), Vitamin B1: 0.07mg (4.57%), Folate: 14.63µg (3.66%), Iron: 0.64mg (3.54%), Fiber: 0.74g (2.94%), Vitamin B2: 0.05mg (2.66%), Magnesium: 9.74mg (2.44%), Phosphorus: 23.73mg

(2.37%), Vitamin B3: 0.46mg (2.3%), Calcium: 19.86mg (1.99%), Copper: 0.03mg (1.42%), Vitamin E: 0.2mg (1.33%),
Vitamin K: 1.39µg (1.32%), Potassium: 38.16mg (1.09%)