



Pumpkin White Chocolate Chip and Macadamia Nut Cookies



Vegetarian



Popular

READY IN



25 min.

SERVINGS



12

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 0.5 cup macadamia nuts coarsely chopped
- ☐ 0.5 cup pumpkin puree

- ☐ 0.8 cup rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup chocolate white coarsely chopped
- ☐ 0.5 cup sugar white

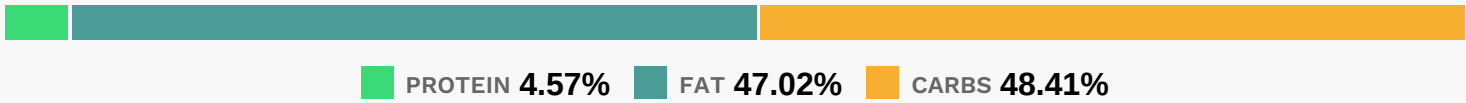
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream the butter and sugar in a bowl.Beat in the egg and vanilla extract.
- ☐ Mix the flour, baking soda and salt in another bowl.
- ☐ Mix the dry ingredients into the wet.
- ☐ Mix in the rolled oats, white chocolate and macadamia nuts.
- ☐ Place the dough onto a cookie sheet one table spoon at a time.
- ☐ Bake in a 350F preheated oven for 8-10 minutes.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:15.04, Inflammation Score:-8, Nutrition Score:6.7121739180192%

Nutrients (% of daily need)

Calories: 271.26kcal (13.56%), Fat: 14.5g (22.31%), Saturated Fat: 6.8g (42.53%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 32.02g (11.64%), Sugar: 21.19g (23.54%), Cholesterol: 35.13mg (11.71%), Sodium: 169mg (7.35%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Protein: 3.18g (6.35%), Vitamin A: 1846.54IU (36.93%), Manganese: 0.51mg (25.47%), Vitamin B1: 0.18mg (11.98%), Selenium: 6.87µg (9.81%), Iron: 1.2mg (6.64%), Phosphorus: 65.69mg (6.57%), Vitamin B2: 0.11mg (6.54%), Fiber: 1.58g (6.32%), Folate: 25.01µg (6.25%), Magnesium: 21.05mg (5.26%),

Copper: 0.1mg (4.95%), Vitamin B3: 0.91mg (4.53%), Calcium: 34.62mg (3.46%), Vitamin E: 0.48mg (3.18%), Potassium: 106.99mg (3.06%), Zinc: 0.45mg (2.99%), Vitamin B5: 0.3mg (2.98%), Vitamin K: 2.94µg (2.8%), Vitamin B6: 0.04mg (2.21%), Vitamin B12: 0.08µg (1.33%)