



Reduced-Sugar Oatmeal, Chocolate Chip, and Pecan Cookies

READY IN



86 min.

SERVINGS



12

CALORIES



204 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup firmly brown sugar sweetener packed
- 0.3 cup butter softened
- 1 large eggs
- 1.3 cups flour all-purpose
- 1 cup regular oats uncooked
- 0.3 cup pecans chopped

- 0.5 teaspoon salt
- 0.3 cup semisweet chocolate mini-morsels
- 0.8 cup granular sweetener
- 1.5 teaspoons vanilla extract

Equipment

- frying pan
- baking sheet
- baking paper
- oven
- whisk
- hand mixer

Directions

- Preheat oven to 35
- Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant.
- Whisk together flour and next 4 ingredients. Beat sugar sweeteners and butter at medium speed with an electric mixer until well blended.
- Add vanilla and egg, beating until blended. Gradually add flour mixture, beating at low speed just until combined. Stir in toasted pecans and mini-morsels.
- Drop dough by tablespoonfuls 2 inches apart onto parchment paper-lined baking sheets.
- Bake at 350 for 12 minutes or until edges of cookies are lightly browned. Cool on baking sheets 2 minutes.
- Transfer to wire racks, and cool completely (about 20 minutes).
- Note: We tested with Whey Low 100% All Natural Granular Sweetener and Gold Brown Sugar Sweetener. This variation is slightly more dense and has a chewier texture, but it's equally delicious.

Nutrition Facts



■ PROTEIN 5.27% ■ FAT 34.06% ■ CARBS 60.67%

Properties

Glycemic Index:22.25, Glycemic Load:8.8, Inflammation Score:-3, Nutrition Score:5.3330434365603%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 204.37kcal (10.22%), Fat: 9.58g (14.73%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 27.84g (10.12%), Sugar: 13.92g (15.47%), Cholesterol: 29.35mg (9.78%), Sodium: 187.59mg (8.16%), Alcohol: 0.17g (100%), Alcohol %: 0.37% (100%), Caffeine: 4.18mg (1.39%), Protein: 3.33g (6.67%), Manganese: 0.51mg (25.46%), Selenium: 8.31µg (11.88%), Vitamin B1: 0.15mg (10.12%), Iron: 1.42mg (7.86%), Phosphorus: 74.51mg (7.45%), Folate: 28.73µg (7.18%), Copper: 0.14mg (7.04%), Fiber: 1.64g (6.56%), Magnesium: 25.05mg (6.26%), Vitamin B2: 0.1mg (5.99%), Vitamin B3: 0.93mg (4.65%), Zinc: 0.63mg (4.21%), Vitamin A: 183.78IU (3.68%), Calcium: 31.43mg (3.14%), Potassium: 95.51mg (2.73%), Vitamin B5: 0.25mg (2.5%), Vitamin E: 0.29mg (1.91%), Vitamin B6: 0.03mg (1.5%), Vitamin K: 1.06µg (1.01%)