



Texas Cookies

READY IN



45 min.

SERVINGS



16

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 2.3 oz all purpose flour
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 cup firmly brown sugar packed
- ☐ 1 large eggs
- ☐ 1 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi-sweet chocolate chips dark (more or less)
- ☐ 0.3 cup butter unsalted softened
- ☐ 1.5 teaspoons vanilla

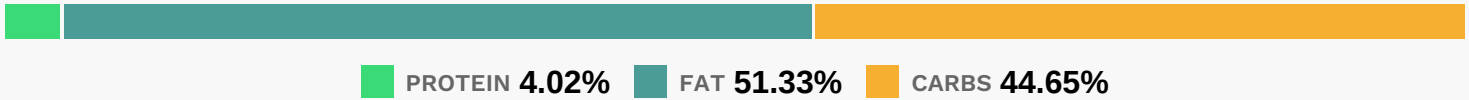
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Toast the pecans (if you haven't already) by laying them on a cookie sheet and baking for about 8to 10 minutes. Chop them.Line a 9 inch square pan with foil and spray foil with cooking spray or rub with butter.Thoroughly mix together flour, baking powder and salt. Cream the butter and sugar on high speed. Reduce speed slightly and beat in the egg.
- ☐ Add the vanilla.
- ☐ Add the flour mixture and stir until it's blended in.
- ☐ Spread the mixture evenly in the pan.
- ☐ Sprinkle with nuts and most of the chocolate chips.
- ☐ Bake for about 20 minutes or until cookies are almost set. Do not overbake.
- ☐ Remove from oven and sprinkle remaining chips over hot bars.
- ☐ Let cool completely. Lift foil from pan, set bars on a cookie sheet and score into 12 or 16 bars.

Nutrition Facts



Properties

Glycemic Index:11.06, Glycemic Load:2.24, Inflammation Score:-2, Nutrition Score:4.317826061793%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg,

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Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg,
Epigallocatechin 3–gallate: 0.14mg

Nutrients (% of daily need)

Calories: 203.86kcal (10.19%), Fat: 11.86g (18.24%), Saturated Fat: 4.72g (29.49%), Carbohydrates: 23.21g (7.74%),
Net Carbohydrates: 21.64g (7.87%), Sugar: 17.67g (19.63%), Cholesterol: 19.91mg (6.64%), Sodium: 52.85mg (2.3%),
Alcohol: 0.13g (100%), Alcohol %: 0.39% (100%), Caffeine: 9.41mg (3.14%), Protein: 2.09g (4.18%), Manganese:
0.46mg (23.07%), Copper: 0.23mg (11.3%), Magnesium: 29.36mg (7.34%), Iron: 1.19mg (6.63%), Fiber: 1.58g (6.31%),
Phosphorus: 58.86mg (5.89%), Selenium: 3.67µg (5.24%), Vitamin B1: 0.08mg (5.14%), Zinc: 0.65mg (4.31%),
Potassium: 115.68mg (3.31%), Calcium: 29.46mg (2.95%), Vitamin B2: 0.05mg (2.88%), Folate: 10.37µg (2.59%),
Vitamin A: 114.45IU (2.29%), Vitamin B3: 0.42mg (2.1%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.17mg (1.74%),
Vitamin B6: 0.03mg (1.48%), Vitamin K: 1.27µg (1.21%)