



White and Dark Chocolate Chip-Pepita Pumpkin Cookie Ramekins

 Gluten Free  Low Fod Map

READY IN



35 min.

SERVINGS



36

CALORIES



111 kcal

DESSERT

Ingredients

- 17.5 oz pumpkin pie spice
- 0.5 cup pumpkin seeds unsalted hulled (pepitas)
- 0.5 cup chocolate chips
- 0.5 cup peppermint candies white
- 0.5 cup butter softened
- 2 tablespoons water
- 1 eggs

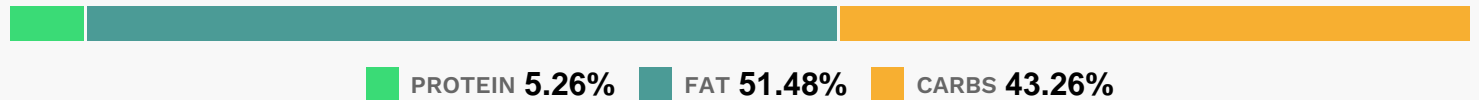
Equipment

- oven
- ramekin

Directions

- Heat oven to 350°F.
- Stir together Dry
- Mix from jar with Wet
- Mix ingredients until well mixed.
- Spread dough in greased ramekins.
- Bake 20 to 25 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:1.39, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.9017391360324%

Nutrients (% of daily need)

Calories: 111.23kcal (5.56%), Fat: 7.06g (10.87%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 11.21g (4.08%), Sugar: 4.39g (4.88%), Cholesterol: 11.33mg (3.78%), Sodium: 31.55mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.25%), Manganese: 2.26mg (112.87%), Iron: 2.87mg (15.95%), Calcium: 103.02mg (10.3%), Fiber: 2.15g (8.58%), Magnesium: 27.97mg (6.99%), Copper: 0.09mg (4.43%), Vitamin K: 4.21µg (4.01%), Vitamin C: 3.25mg (3.94%), Phosphorus: 38.61mg (3.86%), Potassium: 113.87mg (3.25%), Zinc: 0.47mg (3.14%), Vitamin B6: 0.06mg (2.95%), Selenium: 1.84µg (2.63%), Vitamin A: 121.49IU (2.43%), Vitamin E: 0.36mg (2.41%), Vitamin B3: 0.38mg (1.92%), Vitamin B2: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.32%), Folate: 4.91µg (1.23%)