



Anzac Biscuits

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



98 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 2 tablespoons light-colored corn syrup (such as Lyle's)
- 1 cup flour all-purpose
- 0.3 cup butter melted
- 1 cup regular oats
- 0.5 cup coconut or shredded sweetened
- 3 tablespoons water

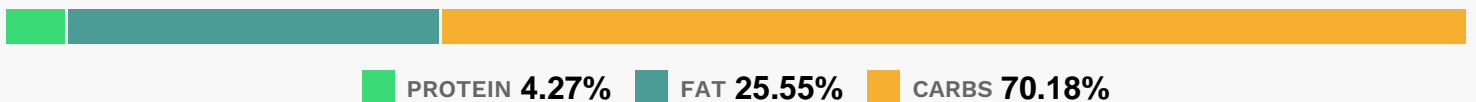
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 32
- Combine first 5 ingredients in a bowl; stir well.
- Add margarine, water, and syrup; stir well. Drop by level tablespoons, 2 inches apart, onto baking sheets coated with cooking spray.
- Bake at 325 for 12 minutes or until almost set.
- Remove from oven; let stand 2 to 3 minutes or until firm.
- Remove cookies from baking sheets.
- Place on wire racks; let cool completely.
- Note: We found these cookies were much better when made with golden cane syrup such as Lyle's. Cane syrup is thicker and sweeter than corn syrup and can be found in cans next to the jellies and syrups, or in stores specializing in Caribbean and Creole goods.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:3.92, Inflammation Score:-1, Nutrition Score:1.9017391572504%

Nutrients (% of daily need)

Calories: 98.18kcal (4.91%), Fat: 2.84g (4.38%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 17.01g (6.19%), Sugar: 11.16g (12.4%), Cholesterol: 0mg (0%), Sodium: 54.11mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Manganese: 0.21mg (10.52%), Selenium: 3.18µg (4.54%), Vitamin B1: 0.06mg (3.89%), Folate: 10.88µg (2.72%), Iron: 0.49mg (2.7%), Fiber: 0.57g (2.26%), Phosphorus: 22.39mg (2.24%), Magnesium: 7.68mg (1.92%), Vitamin B2: 0.03mg (1.9%), Vitamin B3: 0.36mg (1.82%), Vitamin A: 84.58IU (1.69%), Copper: 0.03mg (1.56%), Zinc: 0.2mg (1.36%), Calcium: 11.43mg (1.14%), Potassium: 37.32mg

(1.07%)