



Aunt Pauline's Missouri Cookies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



35

CALORIES



102 kcal

DESSERT

Ingredients

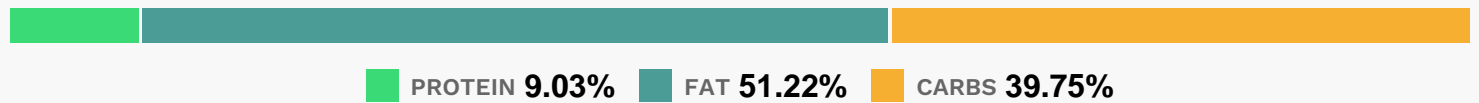
- 3 tbsp cocoa powder
- 0.8 cups granulated sugar
- 0.5 cup milk
- 3 cups oats quick
- 0.8 cup peanut butter
- 0.5 cup butter unsalted
- 1 tsp vanilla

Equipment

Directions

- Save Recipe
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- Aunt Pauline's Missouri Cookies
- Ingredients1 stick (1/2 cup) unsalted butter3/4 cups granulated sugar3 tbsp cocoa1/2 cup milk1 tsp vanilla
- Dash of salt3/4 cup chunky peanut butter3 cups quick oats
- Prep Time: 15 Minutes
- Cook Time: 30 Minutes
- Total Time: 45 Minutes
- Servings: About 35 cookies
- Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:5.35, Glycemic Load:5.84, Inflammation Score:-2, Nutrition Score:3.2495652152144%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 102.03kcal (5.1%), Fat: 6.12g (9.42%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 9.6g (3.49%), Sugar: 5.15g (5.72%), Cholesterol: 7.39mg (2.46%), Sodium: 25.76mg (1.12%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Protein: 2.43g (4.86%), Manganese: 0.4mg (19.92%), Magnesium: 30.92mg (7.73%), Phosphorus: 58.28mg (5.83%), Fiber: 1.09g (4.36%), Vitamin E: 0.63mg (4.2%), Vitamin B3: 0.81mg (4.04%), Selenium: 2.78µg (3.97%), Copper: 0.07mg (3.37%), Vitamin B1: 0.05mg (3.18%), Zinc: 0.41mg (2.75%), Iron: 0.49mg (2.7%), Potassium: 69.37mg (1.98%), Folate: 7.22µg (1.81%), Vitamin A: 86.69IU (1.73%), Vitamin B6: 0.03mg (1.71%), Vitamin B2: 0.03mg (1.58%), Vitamin B5: 0.13mg (1.26%), Calcium: 11.69mg (1.17%)