



Bacon Breakfast Cookies

READY IN



30 min.

SERVINGS



12

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup bacon bits
- 0.3 teaspoon baking soda
- 0.5 cup butter
- 2 cups corn flake cereal
- 1 eggs beaten
- 0.3 cup cheddar cheese shredded
- 0.8 cup sugar white
- 1 cup flour whole wheat

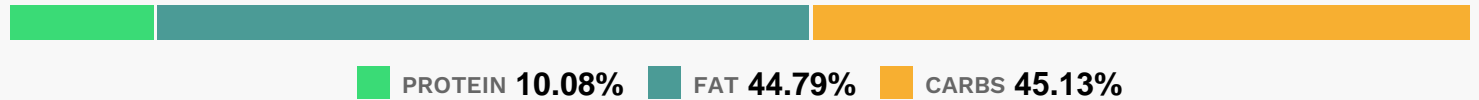
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.
- Mix flour, sugar, and baking soda in a bowl. Stir in bacon bits, butter, and egg until well blended. Fold corn flakes and Cheddar cheese into flour mixture. Drop spoonfuls of the dough 2 inches apart onto prepared baking sheet.
- Bake in preheated oven until golden brown, 13 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:12.26, Glycemic Load:8.74, Inflammation Score:-4, Nutrition Score:6.6252174481102%

Nutrients (% of daily need)

Calories: 228.37kcal (11.42%), Fat: 11.68g (17.97%), Saturated Fat: 5.88g (36.73%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 24.25g (8.82%), Sugar: 12.99g (14.43%), Cholesterol: 36.33mg (12.11%), Sodium: 313.05mg (13.61%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.92g (11.83%), Manganese: 0.42mg (20.82%), Selenium: 9.26µg (13.23%), Vitamin B1: 0.17mg (11.63%), Iron: 1.86mg (10.31%), Folate: 36.08µg (9.02%), Fiber: 2.23g (8.92%), Phosphorus: 82.16mg (8.22%), Vitamin B3: 1.5mg (7.48%), Vitamin B2: 0.13mg (7.47%), Vitamin A: 364IU (7.28%), Vitamin B12: 0.43µg (7.09%), Vitamin B6: 0.14mg (7.01%), Vitamin E: 1.03mg (6.88%), Magnesium: 26.15mg (6.54%), Copper: 0.11mg (5.38%), Zinc: 0.63mg (4.23%), Calcium: 34.68mg (3.47%), Potassium: 67.83mg (1.94%), Vitamin D: 0.26µg (1.7%), Vitamin B5: 0.15mg (1.47%), Vitamin C: 1.17mg (1.41%)