



Banana Nut Cookies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



77 kcal

Ingredients

- ☐ 1.5 cups bananas mashed (3 medium)
- ☐ 2 cups oats
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup walnut pieces chopped

Equipment

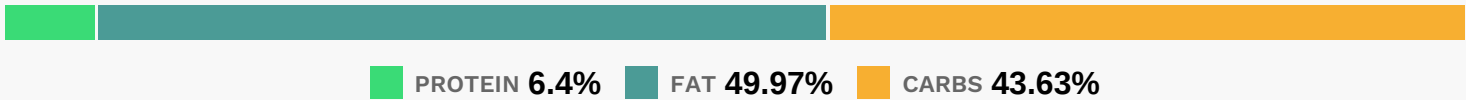
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. In large bowl, mix oats, raisins, walnuts and salt. In medium bowl, mix bananas, oil and vanilla.
- ☐ Add banana mixture to dry ingredients, stirring until blended.
- ☐ Let stand 15 minutes.
- ☐ Onto ungreased cookie sheets, drop dough by rounded tablespoonfuls.
- ☐ Bake 15 minutes or until lightly golden.
- ☐ Remove from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:4.82, Glycemic Load:3.82, Inflammation Score:-1, Nutrition Score:2.5921739132508%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 76.76kcal (3.84%), Fat: 4.48g (6.9%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 7.62g (2.77%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 33.87mg (1.47%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 1.29g (2.58%), Manganese: 0.31mg (15.54%), Fiber: 1.19g (4.76%), Copper: 0.09mg (4.44%), Magnesium: 15.1mg (3.78%), Vitamin K: 3.94µg (3.75%), Phosphorus: 34.8mg (3.48%), Vitamin B6: 0.06mg (3.2%), Potassium: 97.6mg (2.79%), Vitamin B1: 0.04mg (2.62%), Iron: 0.42mg (2.31%), Selenium: 1.58µg (2.26%), Zinc: 0.29mg (1.91%), Folate: 6.62µg (1.66%), Vitamin B2: 0.03mg (1.54%), Vitamin E: 0.22mg (1.44%), Vitamin C: 1.08mg (1.3%), Vitamin B5: 0.1mg (1.02%)