



Best-Ever Chocolate Cookies

 Dairy Free

READY IN



50 min.

SERVINGS



42

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup granulated sugar
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon salt

- ☐ 1 cup all-bran cereal
- ☐ 1.5 cups rolled oats
- ☐ 0.8 cup peppermint candies white

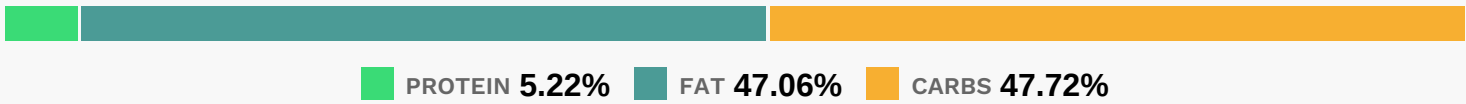
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. In large bowl, stir together butter, sugars and eggs. In small bowl, stir together flour, cocoa, baking soda and salt; stir into butter mixture. Stir in cereal, oats and baking chips.
- ☐ Onto ungreased cookie sheets, drop dough by heaping tablespoonfuls 2 inches apart.
- ☐ Bake 9 minutes. Cool 1 to 2 minutes; remove from cookie sheets to cooling racks. Cool completely before storing in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:5.47, Glycemic Load:4.27, Inflammation Score:-3, Nutrition Score:3.7526087339806%

Flavonoids

Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 116.86kcal (5.84%), Fat: 6.45g (9.92%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 13.53g (4.92%), Sugar: 8.88g (9.87%), Cholesterol: 7.79mg (2.6%), Sodium: 101.84mg (4.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Manganese: 0.28mg (13.87%), Vitamin B6: 0.19mg (9.41%), Folate: 27.12µg (6.78%), Vitamin B12: 0.3µg (5.03%), Vitamin B1: 0.07mg (4.82%), Fiber: 1.18g (4.74%), Vitamin A: 230.43IU (4.61%), Phosphorus: 45.13mg (4.51%), Vitamin B2: 0.07mg (4.33%), Selenium: 2.84µg (4.05%),

Iron: 0.73mg (4.05%), Magnesium: 15.87mg (3.97%), Copper: 0.07mg (3.66%), Zinc: 0.41mg (2.72%), Vitamin B3: 0.46mg (2.28%), Calcium: 21.43mg (2.14%), Potassium: 54.72mg (1.56%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.11mg (1.06%)