

Blueberry-Orange Crunch Cookies

 Vegetarian

READY IN



32 min.

SERVINGS



15

CALORIES



192 kcal

DESSERT

Ingredients

- 1.5 cups firmly brown sugar packed
- 0.5 cup butter softened (1 stick)
- 1 tsp calumet baking powder
- 1 eggs
- 1 cup flour
- 2 cups grain cereal flakes whole with blueberries
- 1 tsp orange zest grated

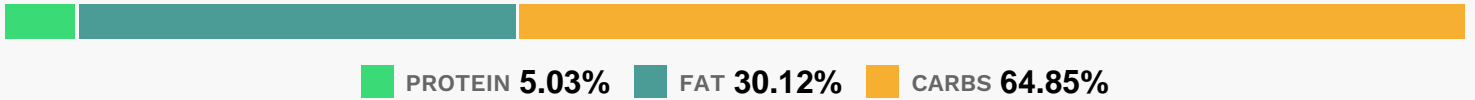
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Preheat oven to 350F. Beat butter and brown sugar in large bowl with electric mixer on medium speed until light and fluffy.
- Add egg and orange peel; beat until well blended.
- Add flour and baking powder; mix well. Gently stir in cereal.
- Drop level tablespoonfuls of dough, 2 inches apart, onto ungreased baking sheets.
- Bake 10 to 12 min. or until lightly browned. Cool on baking sheet 2 min. before removing to wire racks to cool completely. Store in tightly covered container at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:4.69, Inflammation Score:-2, Nutrition Score:3.0147826023724%

Nutrients (% of daily need)

Calories: 192.45kcal (9.62%), Fat: 6.53g (10.05%), Saturated Fat: 4g (25%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 31.12g (11.32%), Sugar: 22.8g (25.34%), Cholesterol: 27.18mg (9.06%), Sodium: 113.68mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.91%), Vitamin B1: 0.14mg (9.38%), Vitamin B2: 0.11mg (6.69%), Folate: 23.78µg (5.95%), Selenium: 4.07µg (5.81%), Iron: 1.03mg (5.74%), Calcium: 53.44mg (5.34%), Vitamin B3: 0.85mg (4.27%), Vitamin A: 205.49IU (4.11%), Manganese: 0.07mg (3.59%), Vitamin B6: 0.07mg (3.57%), Phosphorus: 24.84mg (2.48%), Fiber: 0.51g (2.05%), Vitamin C: 1.51mg (1.84%), Vitamin E: 0.21mg (1.41%), Potassium: 44.39mg (1.27%), Copper: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.19%), Magnesium: 4.44mg (1.11%)