



Breakfast Cookies

READY IN



40 min.

SERVINGS



36

CALORIES



94 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.7 cup butter softened
- 0.7 cup sugar
- 1 large eggs lightly beaten
- 1 teaspoon vanilla extract
- 0.8 cup flour all-purpose
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 1.5 cup rolled oats
- 0.5 cup wheat germ toasted

- 1 cup cheddar cheese shredded
- 6 bacon crumbled cooked

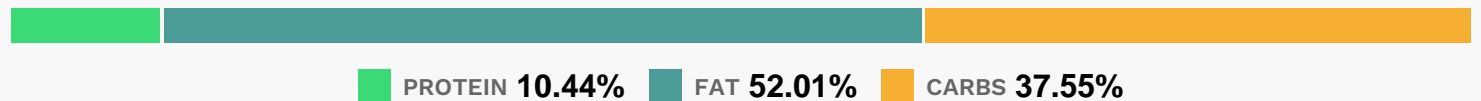
Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, cream butter and sugar.
- Add egg and vanilla; mix well.
- Combine flour, baking soda and salt; add to creamed mixture and mix well. Stir in oats and wheat germ. Fold in cheese and bacon. Drop by rounded teaspoonfuls onto ungreased baking sheets.
- Bake at 350° for 15–17 minutes or until light brown.

Nutrition Facts



Properties

Glycemic Index:7.28, Glycemic Load:4.82, Inflammation Score:-2, Nutrition Score:3.0069565267667%

Nutrients (% of daily need)

Calories: 93.79kcal (4.69%), Fat: 5.49g (8.45%), Saturated Fat: 3.04g (18.97%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.29g (3.02%), Sugar: 3.77g (4.19%), Cholesterol: 18.66mg (6.22%), Sodium: 119.92mg (5.21%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Protein: 2.48g (4.96%), Manganese: 0.35mg (17.72%), Selenium: 5.18µg (7.4%), Phosphorus: 53.43mg (5.34%), Vitamin B1: 0.08mg (5.01%), Zinc: 0.52mg (3.44%), Vitamin B2: 0.05mg (3.03%), Folate: 11.77µg (2.94%), Vitamin A: 144.5IU (2.89%), Calcium: 26.96mg (2.7%), Magnesium: 10.58mg (2.64%), Fiber: 0.62g (2.49%), Iron: 0.41mg (2.27%), Vitamin B3: 0.45mg (2.23%), Vitamin B6: 0.04mg (1.86%), Copper: 0.03mg (1.67%), Vitamin B5: 0.14mg (1.39%), Potassium: 41.5mg (1.19%), Vitamin B12: 0.07µg (1.12%), Vitamin E: 0.16mg (1.05%)