



Breakfast Fig and Nut "Cookies"

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup figs dried finely chopped
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons granulated sugar

- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 0.5 cup unprocessed bran
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup flour whole-wheat

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a large bowl. Stir in figs, cranberries, and vanilla.
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, bran, and next 3 ingredients in a bowl, stirring with a whisk.
- ☐ Add flour mixture to egg mixture, stirring just until moist. Gently fold in almonds.
- ☐ Drop by level 1/4-cup measures 4 inches apart on 2 baking sheets lined with parchment paper.
- ☐ Sprinkle evenly with granulated sugar.
- ☐ Bake at 350 for 12 minutes or until almost set. Cool 2 minutes on pans.
- ☐ Remove from pans; cool completely on wire racks.
- ☐ Pouring the measured figs and cranberries into a bowl. Stirring the ingredients in Step
- ☐ Pouring the measured almonds into the batter.

Nutrition Facts

PROTEIN 7.61% FAT 27.39% CARBS 65%

Properties

Glycemic Index:29.81, Glycemic Load:8.38, Inflammation Score:-3, Nutrition Score:7.7652174480583%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 226.27kcal (11.31%), Fat: 7.17g (11.03%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 35.23g (12.81%), Sugar: 21.05g (23.39%), Cholesterol: 49.4mg (16.47%), Sodium: 111.09mg (4.83%), Alcohol: 0.14g (100%), Alcohol %: 0.27% (100%), Protein: 4.49g (8.97%), Manganese: 0.77mg (38.34%), Selenium: 13.66µg (19.52%), Fiber: 3.07g (12.28%), Vitamin B1: 0.16mg (10.41%), Magnesium: 40.5mg (10.12%), Phosphorus: 99.95mg (9.99%), Vitamin B2: 0.17mg (9.81%), Iron: 1.58mg (8.77%), Folate: 34.21µg (8.55%), Vitamin B3: 1.58mg (7.92%), Vitamin E: 1mg (6.65%), Copper: 0.12mg (6.18%), Vitamin B6: 0.1mg (5%), Zinc: 0.69mg (4.63%), Potassium: 151.5mg (4.33%), Calcium: 40.07mg (4.01%), Vitamin A: 197.43IU (3.95%), Vitamin B5: 0.37mg (3.69%), Vitamin B12: 0.1µg (1.64%), Vitamin K: 1.46µg (1.39%), Vitamin D: 0.2µg (1.33%)