



Breakfast Fig and Nut "Cookies"

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



229 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
- ☐ 4.5 ounces flour all-purpose
- ☐ 2 teaspoons granulated sugar

- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 1 ounce unprocessed bran
- ☐ 1 teaspoon vanilla extract
- ☐ 2.3 ounces 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 chopped figs, cranberries, and vanilla.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, bran, baking soda, cinnamon, and allspice, 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.

Nutrition Facts



 **PROTEIN 7.68%**  **FAT 27.11%**  **CARBS 65.21%**

Properties

Glycemic Index:29.81, Glycemic Load:8.51, Inflammation Score:-3, Nutrition Score:7.9139131761116%

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 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: 229.15kcal (11.46%), Fat: 7.19g (11.06%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 38.9g (12.97%), Net Carbohydrates: 35.78g (13.01%), Sugar: 21.05g (23.39%), Cholesterol: 49.4mg (16.47%), Sodium: 111.11mg (4.83%), Alcohol: 0.14g (100%), Alcohol %: 0.27% (100%), Protein: 4.58g (9.17%), Manganese: 0.79mg (39.31%), Selenium: 14.08µg (20.11%), Fiber: 3.12g (12.46%), Vitamin B1: 0.16mg (10.72%), Magnesium: 41mg (10.25%), Phosphorus: 101.76mg (10.18%), Vitamin B2: 0.17mg (9.92%), Iron: 1.61mg (8.92%), Folate: 34.9µg (8.72%), Vitamin B3: 1.62mg (8.11%), Vitamin E: 1mg (6.67%), Copper: 0.13mg (6.29%), Vitamin B6: 0.1mg (5.09%), Zinc: 0.71mg (4.72%), Potassium: 153.24mg (4.38%), Calcium: 40.27mg (4.03%), Vitamin A: 197.48IU (3.95%), Vitamin B5: 0.37mg (3.73%), Vitamin B12: 0.1µg (1.64%), Vitamin K: 1.47µg (1.4%), Vitamin D: 0.2µg (1.33%)