



Cherry Blinks

READY IN



40 min.

SERVINGS



36

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.8 cups corn flakes/bran flakes
- ☐ 0.5 cup sugar
- ☐ 0.3 cup shortening
- ☐ 1 tablespoon milk
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup raisins
- ☐ 0.5 cup nuts chopped
- ☐ 36 maraschino cherries

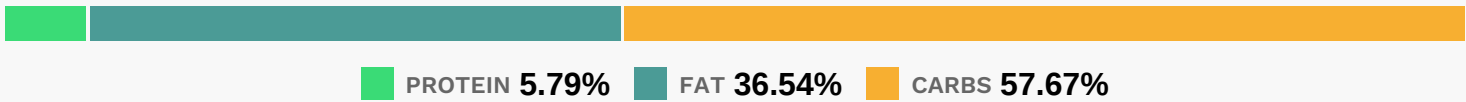
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 375°F. Crush cereal; set aside. In large bowl, mix sugar, shortening, milk, vanilla and egg. Stir in flour, baking powder, baking soda and salt. Stir in raisins and nuts.
- ☐ Drop dough by teaspoonfuls into crushed cereal; roll gently until completely coated.
- ☐ Place cookies about 2 inches apart on ungreased cookie sheet. Press cherry into each cookie.
- ☐ Bake 10 to 12 minutes or just until set. Immediately remove from cookie sheet to wire rack.

Nutrition Facts



Properties

Glycemic Index:12.11, Glycemic Load:5.7, Inflammation Score:-1, Nutrition Score:2.4513043301261%

Nutrients (% of daily need)

Calories: 74.93kcal (3.75%), Fat: 3.16g (4.86%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 10.3g (3.75%), Sugar: 5.12g (5.69%), Cholesterol: 4.6mg (1.53%), Sodium: 43.22mg (1.88%), Alcohol: 0.04g (100%), Alcohol %: 0.23% (100%), Protein: 1.13g (2.25%), Manganese: 0.14mg (6.93%), Folate: 20.96µg (5.24%), Iron: 0.88mg (4.91%), Vitamin B1: 0.06mg (3.99%), Selenium: 2.62µg (3.74%), Fiber: 0.93g (3.71%), Vitamin B2: 0.06mg (3.46%), Vitamin B3: 0.65mg (3.24%), Copper: 0.05mg (2.74%), Phosphorus: 26.91mg (2.69%), Magnesium: 10.75mg (2.69%), Vitamin B6: 0.05mg (2.35%), Vitamin B12: 0.11µg (1.84%), Zinc: 0.23mg (1.55%), Potassium: 46.23mg (1.32%), Vitamin A: 58.44IU (1.17%), Vitamin K: 1.13µg (1.07%), Calcium: 10.57mg (1.06%)