



Chewy Granola Drops

 Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 17.5 oz chocolate chip cookie mix
- 0.5 cup butter melted
- 1 eggs
- 1 cup coconut or
- 0.8 cup cranberries dried
- 6 oz almonds coarsely chopped canned ()

Equipment

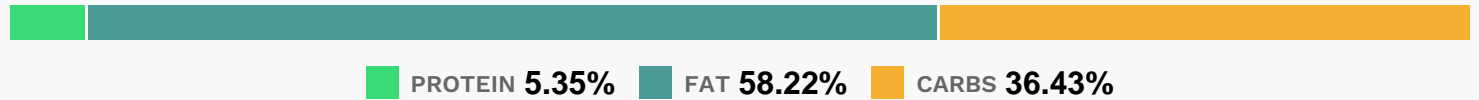
- bowl

- baking sheet
- oven
- wire rack

Directions

- Heat oven to 375°F. In large bowl, stir cookie mix, melted butter and egg until soft dough forms. Stir in coconut, cranberries and almonds.
- Using small cookie scoop or tablespoon, drop dough 2 inches apart on ungreased cookie sheets. Press with fingers to slightly flatten.
- Bake 11 to 12 minutes or until edges are golden brown. Cool 2 minutes; remove from cookie sheets to wire rack. Cool completely. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:6.61, Inflammation Score:-3, Nutrition Score:3.9404347830493%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 205.1kcal (10.26%), Fat: 13.66g (21.01%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 17.26g (6.28%), Sugar: 9.97g (11.08%), Cholesterol: 8.47mg (2.82%), Sodium: 122.34mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.65%), Vitamin E: 2.07mg (13.79%), Manganese: 0.22mg (11.12%), Fiber: 1.97g (7.86%), Vitamin B2: 0.13mg (7.64%), Magnesium: 27.54mg (6.88%), Vitamin B1: 0.09mg (5.78%), Phosphorus: 53.01mg (5.3%), Folate: 18.74µg (4.69%), Copper: 0.09mg (4.56%), Vitamin A: 179.13IU (3.58%), Vitamin B3: 0.71mg (3.56%), Iron: 0.64mg (3.55%), Potassium: 107.81mg (3.08%), Zinc: 0.39mg (2.59%), Calcium: 22.32mg (2.23%), Selenium: 1.21µg (1.73%)