



WHATSheATE



Chewy Red, White, and Blue Cookies



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



138 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.5 cup butter softened
- ☐ 6 ounces candy-coated chocolate pieces white blue red
- ☐ 1 teaspoon plus light
- ☐ 1.5 cups creamy peanut butter
- ☐ 3 large eggs
- ☐ 4.5 cups regular oats uncooked

- ☐ 1 cup semisweet chocolate morsels
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

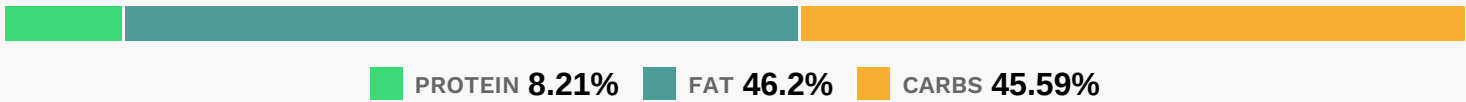
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat sugars and butter at low speed with an electric mixer until creamy.
- ☐ Add eggs and next 3 ingredients, beating until combined. Stir in oats and remaining ingredients.
- ☐ Drop by tablespoonfuls onto ungreased baking sheets.
- ☐ Bake, in batches, at 350 for 15 minutes.
- ☐ Remove to wire racks to cool.
- ☐ Note: For testing purposes only, we used red, white, and blue M&Ms.

Nutrition Facts



Properties

Glycemic Index:2.38, Glycemic Load:3.91, Inflammation Score:-2, Nutrition Score:3.4256521916098%

Nutrients (% of daily need)

Calories: 137.76kcal (6.89%), Fat: 7.28g (11.19%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 14.92g (5.42%), Sugar: 10.64g (11.82%), Cholesterol: 9.91mg (3.3%), Sodium: 89.3mg (3.88%), Alcohol: 0.02g (100%), Alcohol %: 0.1% (100%), Protein: 2.91g (5.82%), Manganese: 0.36mg (17.92%), Magnesium: 25.27mg (6.32%), Phosphorus: 60.13mg (6.01%), Fiber: 1.24g (4.96%), Vitamin B3: 0.96mg (4.79%), Vitamin E: 0.72mg (4.77%), Copper: 0.09mg (4.61%), Selenium: 3.11µg (4.44%), Iron: 0.67mg (3.7%), Zinc: 0.5mg (3.33%), Vitamin B1: 0.04mg (2.61%), Potassium: 84.69mg (2.42%), Folate: 8.72µg (2.18%), Vitamin B2: 0.04mg (2.12%), Vitamin B6: 0.04mg (2.08%), Vitamin B5: 0.19mg (1.9%), Vitamin A: 89.02IU (1.78%), Calcium: 16.54mg (1.65%)