



Chow Mein Noodle Cookie

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



93 kcal

DESSERT

Ingredients

- 3 cups butterscotch chips
- 5 ounce chow mein noodles canned
- 1 cup peanuts

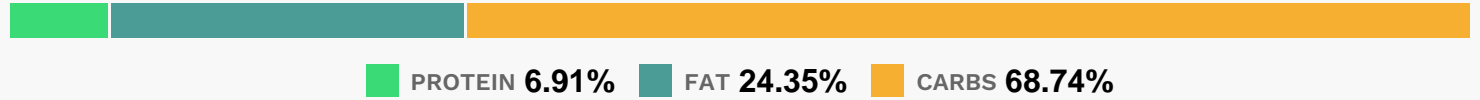
Equipment

- sauce pan
- aluminum foil

Directions

- In a medium saucepan, melt butterscotch chips over low heat, stirring constantly. Stir in chow mein noodles and peanuts.
- Drop by teaspoonfuls onto foil.
- Let stand until cool.

Nutrition Facts



Properties

Glycemic Index:0.4, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.1795652408315%

Nutrients (% of daily need)

Calories: 92.57kcal (4.63%), Fat: 2.55g (3.92%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 15.59g (5.67%), Sugar: 11.47g (12.75%), Cholesterol: 1.27mg (0.43%), Sodium: 80.89mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.25%), Manganese: 0.11mg (5.36%), Vitamin B3: 0.65mg (3.23%), Folate: 9.73µg (2.43%), Fiber: 0.6g (2.39%), Vitamin B1: 0.03mg (1.94%), Magnesium: 7.62mg (1.91%), Copper: 0.04mg (1.83%), Phosphorus: 15.88mg (1.59%), Iron: 0.29mg (1.59%)