



Clear-The-Cupboard Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



54

CALORIES



100 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar light packed
- ☐ 1 cup coconut or flaked
- ☐ 1 cup rice cereal crisp
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup regular oats uncooked

- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

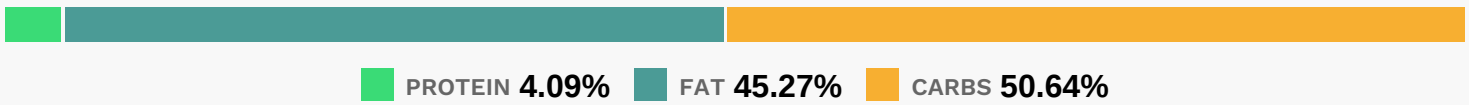
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat shortening at medium speed with an electric mixer until fluffy; add sugars, beating well.
- ☐ Add eggs, beating until blended.
- ☐ Combine flour and next 4 ingredients; gradually add to sugar mixture, beating after each addition. Stir in coconut, cereal, vanilla, and, if desired, pecans.
- ☐ Drop by tablespoonfuls onto baking sheets.
- ☐ Bake at 350 for 10 minutes or until lightly golden.
- ☐ Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:5.51, Inflammation Score:-1, Nutrition Score:1.6878260898039%

Nutrients (% of daily need)

Calories: 100.46kcal (5.02%), Fat: 5.15g (7.92%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 12.42g (4.51%), Sugar: 7.81g (8.67%), Cholesterol: 6.89mg (2.3%), Sodium: 75.93mg (3.3%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.05g (2.09%), Manganese: 0.13mg (6.64%), Selenium: 2.97µg (4.24%), Vitamin B1: 0.05mg (3.15%), Folate: 10.54µg (2.63%), Iron: 0.42mg (2.31%), Vitamin B2: 0.04mg (2.17%), Fiber: 0.54g (2.15%), Phosphorus: 20.26mg (2.03%), Vitamin K: 2.07µg (1.98%), Vitamin E: 0.27mg (1.79%), Vitamin B3: 0.32mg (1.59%), Copper: 0.03mg (1.47%), Magnesium: 5.23mg (1.31%), Vitamin B5: 0.11mg (1.09%), Calcium:

10.8mg (1.08%)