



## Confetti Cookie Mix

READY IN



50 min.

SERVINGS



36

CALORIES



103 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup butter softened
- 1 cup m&m candies miniature
- 3 eggs
- 0.8 cup flour all-purpose
- 1.5 cups rolled oats
- 0.3 teaspoon salt
- 1 cup sugar
- 0.3 cup cocoa powder unsweetened

- 0.5 teaspoon vanilla
- 2 tablespoons water

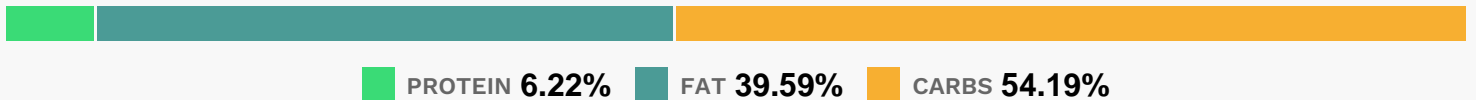
## Equipment

- bowl
- baking sheet
- oven

## Directions

- In medium bowl, mix sugar, flour, cocoa, baking soda and salt. In 1-quart jar with tight-fitting lid, place mixture; tap lightly to pack. Top with oats and baking bits; cover.
- Give with gift card that reads: To make cookies, heat oven to 350F. In large bowl, place contents of jar, butter, water, vanilla and egg. Stir 30 seconds with spoon or until combined. On ungreased cookie sheets, spoon dough by rounded teaspoonfuls 2 inches apart.
- Bake 10 to 12 minutes or until edges are set. Cool 5 minutes; remove from cookie sheets to cooling racks.

## Nutrition Facts



## Properties

Glycemic Index:6.53, Glycemic Load:6.1, Inflammation Score:-1, Nutrition Score:1.9765217294512%

## Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 102.5kcal (5.13%), Fat: 4.63g (7.12%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 13.39g (4.87%), Sugar: 9.23g (10.26%), Cholesterol: 21.29mg (7.1%), Sodium: 61.28mg (2.66%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 1.64g (3.27%), Manganese: 0.17mg (8.62%), Selenium: 3.16µg (4.52%), Fiber: 0.86g (3.45%), Phosphorus: 30.53mg (3.05%), Iron: 0.51mg (2.86%), Vitamin B1: 0.04mg (2.55%), Copper: 0.05mg (2.52%), Magnesium: 9.73mg (2.43%), Vitamin B2: 0.04mg (2.29%), Vitamin A: 111.53IU

(2.23%), Folate: 7.92µg (1.98%), Zinc: 0.25mg (1.64%), Calcium: 12.78mg (1.28%), Vitamin B5: 0.11mg (1.11%), Vitamin B3: 0.21mg (1.07%)