



Cookie Mix in a Jar V

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



106 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.3 cups candy-coated milk chocolate pieces
- 2 cups flour all-purpose
- 1.3 cups sugar white

Equipment

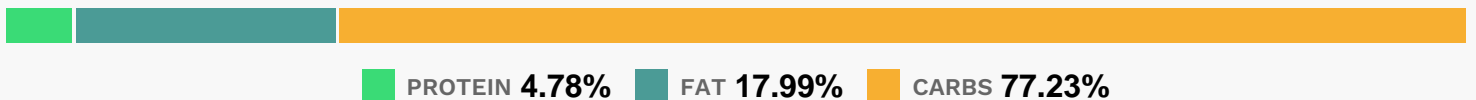
- baking sheet
- oven

- mixing bowl
- canning jar

Directions

- Mix together flour, baking soda and baking powder.
- Layer ingredients in jar in order given in a 1 quart "wide mouth" canning jar.
- Add the flour mixture last. It will be a tight fit when you add the flour mixture so be sure to pack everything down firmly.
- Empty jar of cookie mix into large mixing bowl. Use your hands to thoroughly blend mix.
- Add 1/2 cup margarine or butter softened at room temperature. DO NOT USE DIET MARGARINE
- Mix in 1 egg, slightly beaten, and 1 teaspoon vanilla.
- Mix until completely blended. You will need to finish mixing with your hands.
- Shape into balls the size of walnuts and place on a parchment lined cookie sheet 2 inches apart. DO NOT USE WAXED PAPER.
- Bake at 375 degrees F (190 degrees C) for 12 to 14 minutes until edges are slightly browned. Cool on cookie sheet for about 5 minutes then remove to wire racks to finish cooling. Makes 2 1/2 dozen cookies.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:10.44, Inflammation Score:-1, Nutrition Score:1.3091304359715%

Nutrients (% of daily need)

Calories: 105.96kcal (5.3%), Fat: 2.13g (3.28%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 20.15g (7.33%), Sugar: 13.76g (15.29%), Cholesterol: 1.3mg (0.43%), Sodium: 31.45mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.55%), Vitamin B1: 0.07mg (4.36%), Selenium: 2.88µg (4.11%), Folate: 15.25µg (3.81%), Manganese: 0.06mg (2.86%), Iron: 0.5mg (2.8%), Vitamin B2: 0.04mg (2.51%), Vitamin B3: 0.49mg (2.46%), Fiber: 0.46g (1.84%), Calcium: 15.3mg (1.53%), Phosphorus: 10.46mg (1.05%)