



Cookie Mix in a Jar XI

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



64 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1.8 cups flour all-purpose
- 10.5 ounce orange candy quartered
- 0.8 cup sugar white

Equipment

- baking sheet

- oven
- mixing bowl
- canning jar

Directions

- Mix together flour, baking powder and baking soda. Set aside.
- Layer ingredients in order given in a quart sized "wide mouth" canning jar. Press each layer firmly in place.
- Add the orange candies last. It will be a tight fit.
- Attach these directions to jar: Orange Slice Cookies
- Remove orange slice candy from jar. Set aside. 2 Empty remaining cookie mix into large mixing bowl. Use your hands to thoroughly blend mix.
- ADD: 1/2 cup butter or margarine, softened at room temperature. DO NOT USE DIET MARGARINE.
- Add 1 egg slightly beaten and 1 teaspoon vanilla.
- Mix until completely blended. You may need to finish mixing with your hands.
- Mix in orange slice candy.
- Shape into large sized balls.
- Place 2 inches apart on sprayed baking sheets.
- Bake at 375 degrees F (190 degrees C) for 12 to 14 minutes until edges are lightly browned. Cool 5 minutes on baking sheet.
- Remove cookies to racks to finish cooling. Makes 2 1/2 dozen cookies.

Nutrition Facts

 PROTEIN 5.18%  FAT 1.36%  CARBS 93.46%

Properties

Glycemic Index:9.32, Glycemic Load:7.95, Inflammation Score:-1, Nutrition Score:1.6273913184262%

Flavonoids

Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 64.46kcal (3.22%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 14.91g (5.42%), Sugar: 9.49g (10.55%), Cholesterol: 0mg (0%), Sodium: 33.6mg (1.46%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin C: 5.28mg (6.4%), Vitamin B1: 0.07mg (4.39%), Folate: 16.36µg (4.09%), Selenium: 2.6µg (3.71%), Manganese: 0.05mg (2.74%), Vitamin B2: 0.04mg (2.41%), Vitamin B3: 0.46mg (2.31%), Iron: 0.39mg (2.17%), Fiber: 0.44g (1.74%), Calcium: 15.99mg (1.6%), Phosphorus: 12.33mg (1.23%)