

Corn Flake Cookies I

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

84

CALORIES

calories

71 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup coconut or flaked
- ☐ 2 cups cornflakes cereal
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose

- ☐ 0.5 teaspoon lemon extract
- ☐ 1 cup pecans chopped
- ☐ 2 cups cooking oats quick
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 1 cup sugar white

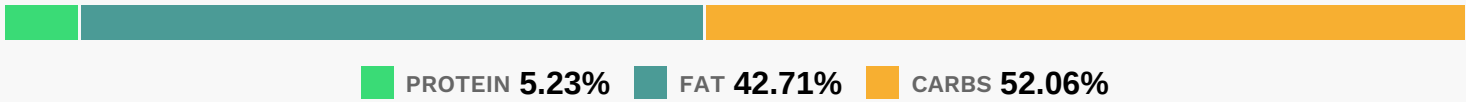
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (175 degrees C). Grease baking sheets.
- ☐ Combine the sugars and eggs, beating well. Beat in the oil butter or margarine, flour, baking soda and baking powder. Stir in the vanilla, lemon extract and salt.
- ☐ Mix in the oats, nuts and coconuts. Last but not least stir in the corn flakes. Drop by teaspoons on greased cooking sheets.
- ☐ Bake at 400 degrees F (205 degrees C) for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:4.05, Inflammation Score:-1, Nutrition Score:1.8678260918545%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

0.03mg

Nutrients (% of daily need)

Calories: 71.06kcal (3.55%), Fat: 3.47g (5.34%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.96g (3.26%), Sugar: 5.15g (5.72%), Cholesterol: 6.8mg (2.27%), Sodium: 59.53mg (2.59%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 0.96g (1.91%), Manganese: 0.19mg (9.64%), Vitamin B1: 0.05mg (3.49%), Selenium: 2.34µg (3.34%), Iron: 0.53mg (2.93%), Folate: 9.38µg (2.34%), Fiber: 0.57g (2.29%), Magnesium: 9.01mg (2.25%), Phosphorus: 21.44mg (2.14%), Vitamin B2: 0.04mg (2.09%), Copper: 0.04mg (1.93%), Vitamin B3: 0.34mg (1.68%), Zinc: 0.18mg (1.23%), Vitamin B6: 0.02mg (1.19%), Vitamin K: 1.17µg (1.12%), Vitamin A: 52.06IU (1.04%)