

Cornflake Cookies II

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



85 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 ounces butter
- ☐ 1 cup cornflakes cereal crushed
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup raisins
- ☐ 4 ounces sugar white

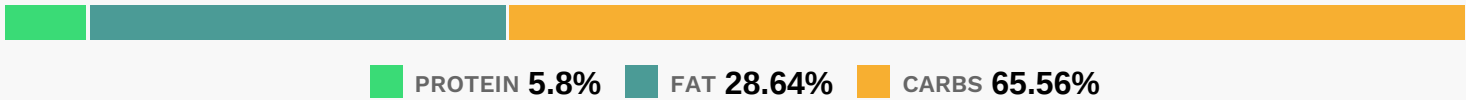
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cream the butter and the sugar together until light and fluffy.
- ☐ Add the egg and cream again.
- ☐ Mix in the flour, baking powder and mixed fruits or dried raisins.
- ☐ Mix until well combined.
- ☐ Roll teaspoonfuls of dough into lightly crushed corn flakes.
- ☐ Place cookies 2 inches apart on a parchment lined baking sheet.
- ☐ Bake at 350 degrees F (175 degrees C) for 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:9.61, Glycemic Load:5.95, Inflammation Score:-2, Nutrition Score:3.5700000077486%

Nutrients (% of daily need)

Calories: 84.9kcal (4.25%), Fat: 2.77g (4.26%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 13.77g (5.01%), Sugar: 3.79g (4.21%), Cholesterol: 11.32mg (3.77%), Sodium: 82.38mg (3.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Iron: 2.23mg (12.38%), Vitamin B1: 0.13mg (8.79%), Folate: 33.72µg (8.43%), Vitamin B2: 0.14mg (8.03%), Vitamin B3: 1.51mg (7.54%), Vitamin B6: 0.13mg (6.29%), Vitamin B12: 0.34µg (5.75%), Vitamin A: 202.69IU (4.05%), Selenium: 2.75µg (3.93%), Manganese: 0.05mg (2.62%), Fiber: 0.49g (1.98%), Phosphorus: 19.45mg (1.94%), Vitamin C: 1.49mg (1.8%), Vitamin D: 0.26µg (1.74%), Copper: 0.03mg (1.39%), Magnesium: 4.55mg (1.14%), Potassium: 35.76mg (1.02%)