



## cornflakes-cookies

READY IN



30 min.

SERVINGS



30

CALORIES



77 kcal

DESSERT

## Ingredients

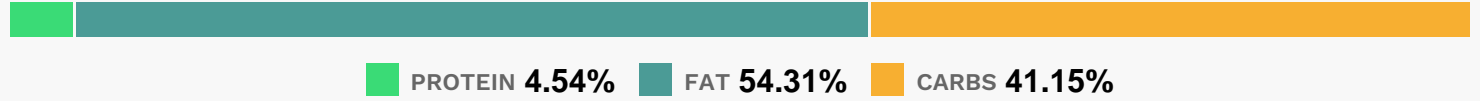
- 1 tablespoon butter
- 80 g cornflakes
- 70 g coconut flakes
- 30 servings baileys irish cream
- 1 tsp vanilla sugar
- 250 g chocolate white

## Equipment

## Directions

- melt chocolate and butter. put vanilla sugar, deaiccated coconut and irish-creme in it and mix it. crunch the cornflakes and mix it also in it. finally make little balls with a tiny spoon. dry them in a cool place. it takes a day.

## Nutrition Facts



## Properties

Glycemic Index:6.34, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:1.8765217454537%

## Nutrients (% of daily need)

Calories: 76.58kcal (3.83%), Fat: 4.7g (7.23%), Saturated Fat: 3.27g (20.47%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 7.53g (2.74%), Sugar: 5.57g (6.19%), Cholesterol: 2.75mg (0.92%), Sodium: 30.81mg (1.34%), Alcohol: 0.14g (100%), Alcohol %: 1.15% (100%), Protein: 0.88g (1.77%), Iron: 0.87mg (4.82%), Vitamin B2: 0.07mg (3.91%), Manganese: 0.07mg (3.46%), Vitamin B12: 0.18µg (3.01%), Vitamin B6: 0.06mg (2.97%), Vitamin B1: 0.04mg (2.83%), Vitamin B3: 0.55mg (2.77%), Folate: 10.33µg (2.58%), Phosphorus: 22.31mg (2.23%), Fiber: 0.49g (1.94%), Calcium: 17.44mg (1.74%), Selenium: 1.03µg (1.48%), Copper: 0.03mg (1.44%), Vitamin A: 61.79IU (1.24%), Potassium: 41.1mg (1.17%), Magnesium: 4.15mg (1.04%)