



Cow Patty Cookies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



95 kcal

DESSERT

Ingredients

- 0.5 cup crunchy peanut butter
- 0.5 cup milk
- 3 cups cooking oats quick
- 0.5 cup butter unsalted
- 5 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped
- 2 cups sugar white

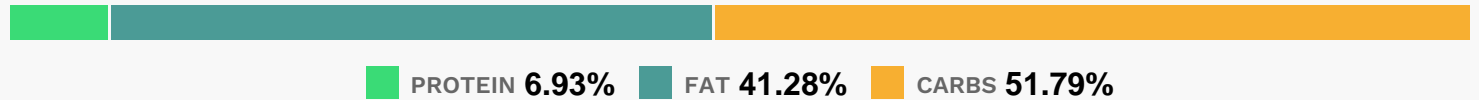
Equipment

- baking sheet
- sauce pan
- wax paper

Directions

- Cover baking sheets with wax paper and set aside.
- Combine sugar and cocoa in a large saucepan. Stir in milk, butter and peanut butter. Cook and stir over medium heat until butter melts and mixture is combined, about 5–20 minutes.
- Remove from heat.
- Stir in the vanilla, oats and nuts, and mix thoroughly. Take a teaspoon and scoop out a spoonful of the mixture; drop the spoonful onto the waxed paper-covered baking sheet. Repeat with the rest of the mixture.
- Place in the refrigerator until the cookies are cooled and set. Store the cookies in an airtight container.

Nutrition Facts



Properties

Glycemic Index:4.02, Glycemic Load:7.82, Inflammation Score:-1, Nutrition Score:2.49739132967333%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 94.59kcal (4.73%), Fat: 4.58g (7.05%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 11.97g (4.35%), Sugar: 8.79g (9.77%), Cholesterol: 5.39mg (1.8%), Sodium: 14.66mg (0.64%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 1.73g (3.46%), Manganese: 0.33mg (16.43%), Magnesium: 22.87mg (5.72%), Phosphorus: 42.96mg (4.3%), Fiber: 0.97g (3.86%), Copper: 0.07mg (3.72%), Selenium: 2.2µg (3.14%), Vitamin B1: 0.04mg (2.42%), Iron: 0.4mg (2.22%), Vitamin B3: 0.44mg (2.19%), Zinc: 0.32mg (2.16%),

Vitamin E: 0.27mg (1.8%), Potassium: 56.13mg (1.6%), Folate: 5.53µg (1.38%), Vitamin A: 63.45IU (1.27%), Vitamin B6: 0.03mg (1.26%), Vitamin B2: 0.02mg (1.07%)