



Cracker Jack Cookies II

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

267 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 1 cup butter
- ☐ 1 cup coconut or flaked
- ☐ 2 cups rice cereal crispy
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.1 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 cups rolled oats
- ☐ 1 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

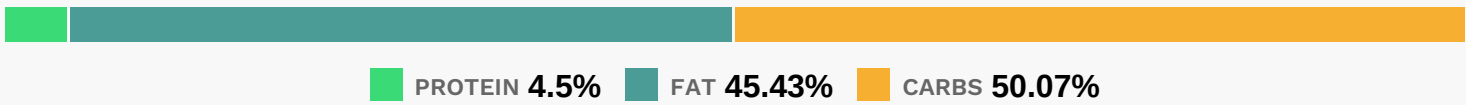
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together the butter, brown sugar and white sugar until light and fluffy.
- ☐ Add the eggs one at a time, beating well with each addition, then stir in the vanilla.
- ☐ Combine the flour, baking powder, baking soda, cinnamon and nutmeg; gradually stir into the creamed mixture. Finally, stir in the oatmeal, coconut, crisp rice cereal and chocolate chips. Drop by rounded spoonfuls onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:11.73, Inflammation Score:-3, Nutrition Score:5.3095652205141%

Nutrients (% of daily need)

Calories: 267.43kcal (13.37%), Fat: 13.74g (21.14%), Saturated Fat: 8.75g (54.69%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 31.98g (11.63%), Sugar: 20.35g (22.61%), Cholesterol: 34.43mg (11.48%), Sodium: 134.66mg

(5.85%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Caffeine: 6.45mg (2.15%), Protein: 3.07g (6.13%), Manganese: 0.5mg (25.24%), Selenium: 7.43µg (10.62%), Copper: 0.17mg (8.55%), Fiber: 2.1g (8.4%), Iron: 1.44mg (8%), Phosphorus: 78.36mg (7.84%), Magnesium: 29.44mg (7.36%), Vitamin B1: 0.11mg (7.05%), Folate: 21.28µg (5.32%), Vitamin A: 259.96IU (5.2%), Vitamin B2: 0.08mg (4.83%), Zinc: 0.65mg (4.32%), Vitamin B3: 0.69mg (3.47%), Potassium: 116.43mg (3.33%), Calcium: 32.35mg (3.23%), Vitamin B5: 0.24mg (2.4%), Vitamin E: 0.35mg (2.35%), Vitamin B6: 0.03mg (1.69%), Vitamin K: 1.39µg (1.32%), Vitamin B12: 0.06µg (1.04%)