



## Crispy Coconut-Date Cookies

READY IN



70 min.

SERVINGS



72

CALORIES



52 kcal

DESSERT

### Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 1 serving eggs for on cookie mix package
- ☐ 1 cup coconut flakes packed flaked
- ☐ 1 cup dates pitted chopped
- ☐ 0.5 cup condensed milk sweetened canned (not evaporated)
- ☐ 2 cups corn flakes/bran flakes whole grain total®

### Equipment

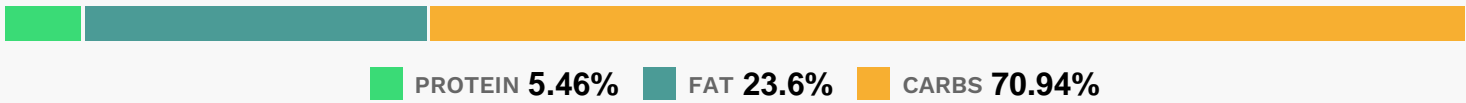
- ☐ baking sheet

- ☐ baking paper
- ☐ oven

## Directions

- ☐ Heat oven to 350°F. Line cookie sheets with cooking parchment paper. Make cookie mix as directed on package, using egg and butter. Stir in coconut, dates and condensed milk. Gently stir in cereal. Onto cookie sheets, drop dough by tablespoonfuls 2 inches apart.
- ☐ Bake 10 to 12 minutes or until lightly browned. Cool 1 minute; remove from cookie sheets to cooling racks. Store cooled cookies tightly covered at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:2.57, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:1.229565223598%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 51.96kcal (2.6%), Fat: 1.41g (2.17%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 8.96g (3.26%), Sugar: 5.94g (6.6%), Cholesterol: 3mg (1%), Sodium: 29.73mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Manganese: 0.08mg (3.88%), Folate: 9.53µg (2.38%), Iron: 0.41mg (2.28%), Fiber: 0.56g (2.24%), Selenium: 1.37µg (1.95%), Vitamin B2: 0.03mg (1.89%), Phosphorus: 15.27mg (1.53%), Vitamin B1: 0.02mg (1.5%), Vitamin B6: 0.03mg (1.4%), Magnesium: 5.11mg (1.28%), Vitamin B3: 0.25mg (1.26%), Vitamin B12: 0.07µg (1.17%)