



Crunchy Cinnamon Burst Cheerios® Cookies

 Dairy Free

READY IN



70 min.

SERVINGS



36

CALORIES



157 kcal

DESSERT

Ingredients

- 1.5 cups brown sugar packed
- 0.5 cup butter softened
- 0.5 cup shortening
- 2 eggs
- 2.8 cups flour all-purpose
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 0.3 teaspoon salt

- 1.3 teaspoons ground cinnamon
- 1.5 cups corn flakes/bran flakes
- 1 cup coconut flakes flaked
- 0.5 cup pecans chopped
- 3 tablespoons granulated sugar

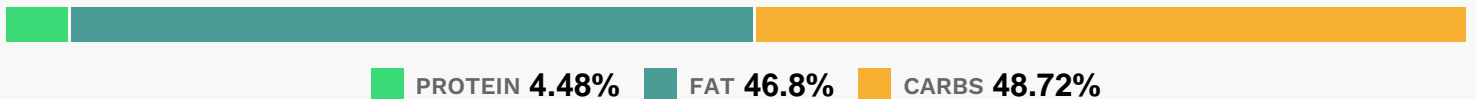
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 375°F.
- In large bowl, beat brown sugar, butter, shortening and eggs with electric mixer on medium speed until creamy.
- Add flour, cream of tartar, baking soda, salt and 1/4 teaspoon of the cinnamon. Beat on low speed until blended. Stir in cereal, coconut and pecans.
- In small bowl, mix granulated sugar and 1 teaspoon cinnamon. Shape dough into 1 1/4-inch balls; roll in sugar mixture.
- Place 2 inches apart on ungreased cookie sheets; flatten with glass dipped in sugar mixture.
- Bake 8 to 10 minutes or until light golden brown.
- Sprinkle with sugar mixture. Cool 1 minute; remove from cookie sheets to cooling racks. Cool completely, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:6.45, Glycemic Load:6.73, Inflammation Score:-2, Nutrition Score:3.7499999795919%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 156.89kcal (7.84%), Fat: 8.36g (12.87%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 18.46g (6.71%), Sugar: 10.47g (11.63%), Cholesterol: 9.09mg (3.03%), Sodium: 92.6mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Manganese: 0.28mg (13.83%), Selenium: 5.48µg (7.82%), Folate: 30.41µg (7.6%), Vitamin B1: 0.11mg (7.33%), Iron: 1.15mg (6.38%), Vitamin B2: 0.09mg (5.14%), Fiber: 1.13g (4.52%), Vitamin B3: 0.89mg (4.44%), Vitamin A: 168.69IU (3.37%), Copper: 0.07mg (3.29%), Phosphorus: 32.84mg (3.28%), Magnesium: 11.13mg (2.78%), Vitamin B6: 0.05mg (2.56%), Potassium: 82.84mg (2.37%), Vitamin E: 0.35mg (2.33%), Zinc: 0.3mg (2.02%), Vitamin B12: 0.11µg (1.8%), Vitamin B5: 0.16mg (1.6%), Vitamin K: 1.66µg (1.58%), Calcium: 14.52mg (1.45%)