



Crunchy Lace Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



178 kcal

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 1.5 cups firmly brown sugar light packed
- 0.8 cup butter melted
- 1 tablespoon plus light
- 1.5 cups flour all-purpose
- 1.5 cups regular oats uncooked
- 1.5 cups coconut or sweetened flaked
- 2 tablespoons water hot

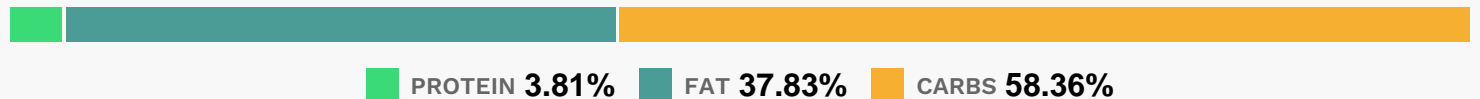
Equipment

- bowl
- baking sheet
- oven

Directions

- Stir together 2 tablespoons hot water and baking soda in a large bowl until baking soda is dissolved.
- Add butter and syrup, stirring until blended.
- Combine 1 1/2 cups oats and next 3 ingredients; stir into butter mixture, stirring until blended.
- Shape dough into 3/4-inch balls, and place, 3 inches apart, onto lightly greased baking sheets. Slightly flatten dough balls.
- Bake at 350 for 7 to 8 minutes or until golden brown.
- Remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:5.61, Inflammation Score:-3, Nutrition Score:3.096956551237%

Nutrients (% of daily need)

Calories: 177.72kcal (8.89%), Fat: 7.61g (11.7%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 25.15g (9.15%), Sugar: 16.07g (17.85%), Cholesterol: 0mg (0%), Sodium: 155.38mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Manganese: 0.3mg (14.85%), Selenium: 5.14µg (7.34%), Vitamin B1: 0.09mg (5.78%), Vitamin A: 253.74IU (5.07%), Fiber: 1.25g (4.99%), Iron: 0.76mg (4.2%), Folate: 16.29µg (4.07%), Phosphorus: 36.71mg (3.67%), Magnesium: 12.89mg (3.22%), Vitamin B2: 0.05mg (2.93%), Vitamin B3: 0.57mg (2.86%), Copper: 0.05mg (2.67%), Potassium: 67.16mg (1.92%), Zinc: 0.29mg (1.9%), Calcium: 18.09mg (1.81%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.12mg (1.23%)