



Crunchy Oat 'n' Cereal Cookies

 Vegetarian  Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



7163 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 cup cornflakes cereal crushed
- ☐ 1 large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 cup regular oats uncooked

- ☐ 1 cup pecans toasted chopped
- ☐ 1 serving powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup coconut or sweetened flaked
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Combine flour, baking soda, and salt in a small bowl.
- ☐ Beat butter, granulated sugar, and brown sugar at medium speed with a heavy-duty electric mixer 2 minutes or until well blended.
- ☐ Add egg and vanilla, beating until blended.
- ☐ Add oil, beating until blended.
- ☐ Add flour mixture, beating at low speed until blended.
- ☐ Add oats and next 3 ingredients, beating until blended.
- ☐ Shape dough into 1-inch balls.
- ☐ Place on baking sheets, and flatten gently with tines of a fork.
- ☐ Bake at 325 for 12 minutes or until edges are lightly browned.
- ☐ Remove to wire racks to cool completely.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



 **PROTEIN 5.07%**  **FAT 37.58%**  **CARBS 57.35%**

Properties

Glycemic Index:245.09, Glycemic Load:400.33, Inflammation Score:-10, Nutrition Score:82.93913036844%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 7162.75kcal (358.14%), Fat: 304.99g (469.22%), Saturated Fat: 140.76g (879.74%), Carbohydrates: 1047.5g (349.17%), Net Carbohydrates: 1005.98g (365.81%), Sugar: 465.68g (517.42%), Cholesterol: 674.05mg (224.68%), Sodium: 5711.34mg (248.32%), Alcohol: 1.38g (100%), Alcohol %: 0.1% (100%), Protein: 92.54g (185.09%), Manganese: 11.36mg (568.12%), Iron: 97.87mg (543.74%), Vitamin B1: 7.67mg (511.28%), Folate: 1726.76µg (431.69%), Vitamin B2: 6.37mg (374.54%), Vitamin B3: 70.93mg (354.67%), Selenium: 223.51µg (319.29%), Vitamin B6: 4.91mg (245.61%), Vitamin B12: 12.66µg (211%), Vitamin A: 10223.63IU (204.47%), Fiber: 41.52g (166.08%), Phosphorus: 1525.5mg (152.55%), Copper: 2.89mg (144.33%), Magnesium: 472.73mg (118.18%), Zinc: 14.11mg (94.06%), Vitamin E: 9.85mg (65.65%), Vitamin D: 9.52µg (63.45%), Vitamin C: 50.77mg (61.54%), Potassium: 2144.83mg (61.28%), Vitamin K: 62.53µg (59.55%), Vitamin B5: 5.59mg (55.88%), Calcium: 461.91mg (46.19%)