



Dark Chocolate Cherry Multigrain Cookies

 Dairy Free

READY IN



40 min.

SERVINGS



18

CALORIES



136 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 3 tablespoons granulated sugar
- 0.3 cup canola oil
- 1 eggs fat-free
- 2 teaspoons vanilla
- 1 cup flour whole wheat white
- 0.8 cup rolled oats hot uncooked
- 0.5 teaspoon baking soda

- 0.3 teaspoon salt
- 0.5 cup cherries dried
- 0.3 cup chocolate chips

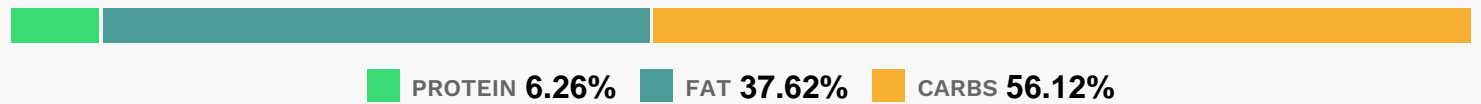
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375°F. In medium bowl, mix sugars, oil, egg and vanilla. Stir in flour, cereal, baking soda and salt until blended (dough will be slightly soft). Stir in cherries and chocolate chips.
- On cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart.
- Bake 7 to 8 minutes or until light golden brown around edges (centers will look slightly underdone). Cool 1 minute; remove from cookie sheets to cooling racks. Cool completely. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:6.12, Glycemic Load:2.17, Inflammation Score:-1, Nutrition Score:2.040434786321%

Nutrients (% of daily need)

Calories: 136.08kcal (6.8%), Fat: 5.77g (8.87%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 17.9g (6.51%), Sugar: 10.9g (12.11%), Cholesterol: 9.13mg (3.04%), Sodium: 72.25mg (3.14%), Alcohol: 0.15g (100%), Alcohol %: 0.6% (100%), Protein: 2.16g (4.32%), Manganese: 0.13mg (6.65%), Fiber: 1.45g (5.81%), Vitamin E: 0.82mg (5.45%), Vitamin K: 3.29µg (3.13%), Selenium: 1.99µg (2.84%), Iron: 0.49mg (2.7%), Vitamin A: 133.06IU (2.66%), Calcium: 25.86mg (2.59%), Phosphorus: 23.16mg (2.32%), Zinc: 0.27mg (1.83%), Magnesium: 6.76mg (1.69%), Potassium: 52.87mg (1.51%), Vitamin B2: 0.02mg (1.36%), Vitamin B1: 0.02mg (1.33%), Copper: 0.02mg (1.22%), Vitamin B5: 0.11mg (1.09%)