

Dishpan Cookies I

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



69 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 4 cups cornflakes cereal
- 4 eggs
- 4 cups flour all-purpose
- 2 cups brown sugar light
- 1.5 cups cooking oats quick
- 1 teaspoon salt
- 2 teaspoons vanilla extract

- 2 cups vegetable oil
- 2 cups sugar white

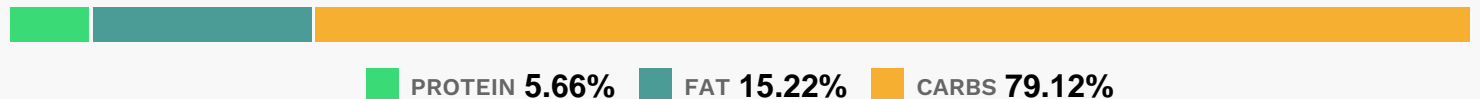
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a LARGE bowl, cream brown sugar, sugar, vanilla, oil and eggs together.
- Add flour, soda, salt and oats.
- Mix well. Stir in corn flakes, coconut and pecans.
- Drop by rounded tablespoonfuls onto ungreased cookie sheet.
- Bake at 350 degrees F (175 degrees C) for 8 to 10 minutes.
- Makes 10 dozen (2 inch) cookies. Caution: Halve this recipe if you don't want a ton of cookies.

Nutrition Facts



Properties

Glycemic Index:2.1, Glycemic Load:6.02, Inflammation Score:-1, Nutrition Score:1.7169565182665%

Nutrients (% of daily need)

Calories: 69.29kcal (3.46%), Fat: 1.19g (1.83%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 13.62g (4.95%), Sugar: 8.41g (9.35%), Cholesterol: 6.55mg (2.18%), Sodium: 57.22mg (2.49%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 0.99g (1.99%), Manganese: 0.09mg (4.6%), Vitamin B1: 0.06mg (4.1%), Selenium: 2.82µg (4.03%), Iron: 0.68mg (3.76%), Folate: 14.41µg (3.6%), Vitamin B2: 0.05mg (3.06%), Vitamin B3: 0.51mg (2.56%), Phosphorus: 15.78mg (1.58%), Vitamin K: 1.66µg (1.58%), Vitamin B6: 0.03mg (1.41%), Magnesium: 5.44mg (1.36%), Vitamin B12: 0.07µg (1.19%), Fiber: 0.29g (1.15%)