



Dishpan Cookies II

 Dairy Free

READY IN



85 min.

SERVINGS



72

CALORIES



190 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 2 cups brown sugar packed
- ☐ 2 cups coconut or flaked
- ☐ 4 cups cornflakes cereal
- ☐ 4 eggs
- ☐ 4 cups flour all-purpose
- ☐ 2 cups butter

- ☐ 1.5 cups rolled oats
- ☐ 1 teaspoon salt
- ☐ 3 cups semi chocolate chips
- ☐ 2 cups sugar white

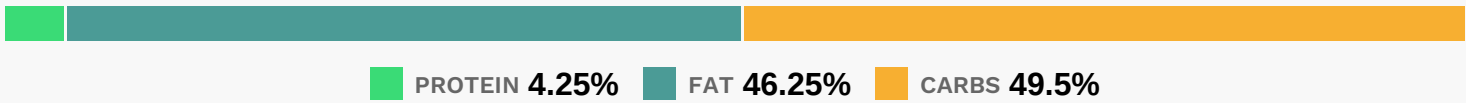
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, cream together the margarine, brown sugar, and white sugar until smooth. Beat in the eggs one at a time, mixing well after each addition. Sift together the flour, baking soda, baking powder, and salt; stir into the creamed mixture until just blended. Then mix in the corn flakes cereal, rolled oats, coconut, and chocolate chips. Drop by heaping spoonfuls onto ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven, or until edges are lightly browned. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.85, Glycemic Load:8.12, Inflammation Score:-3, Nutrition Score:4.0647826168848%

Nutrients (% of daily need)

Calories: 189.71kcal (9.49%), Fat: 9.91g (15.24%), Saturated Fat: 4.16g (26.03%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 22.46g (8.17%), Sugar: 14.59g (16.21%), Cholesterol: 9.54mg (3.18%), Sodium: 146.49mg (6.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.05g (4.1%), Manganese: 0.28mg (14.02%), Iron: 1.49mg (8.28%), Selenium: 4.9µg (6.99%), Copper: 0.14mg (6.86%), Vitamin B1: 0.09mg (5.9%), Fiber: 1.39g (5.58%), Vitamin A: 270.28IU (5.41%), Magnesium: 20.84mg (5.21%), Folate: 20.29µg (5.07%), Phosphorus: 48.13mg (4.81%), Vitamin B2: 0.08mg (4.77%), Vitamin B3: 0.79mg (3.97%), Zinc: 0.41mg (2.71%), Vitamin B6:

0.05mg (2.47%), Potassium: 85.78mg (2.45%), Vitamin B12: 0.12µg (1.99%), Vitamin E: 0.29mg (1.93%), Calcium: 18.93mg (1.89%), Vitamin B5: 0.15mg (1.45%)