



Dishpan Cookies III

 Dairy Free

READY IN



30 min.

SERVINGS



36

CALORIES



57 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup brown sugar
- 1 cup cornflakes cereal
- 1 eggs
- 1 cup flour all-purpose
- 0.3 cup rolled oats
- 0.3 teaspoon salt
- 0.3 cup semi chocolate chips

- 0.5 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 0.5 cup sugar white

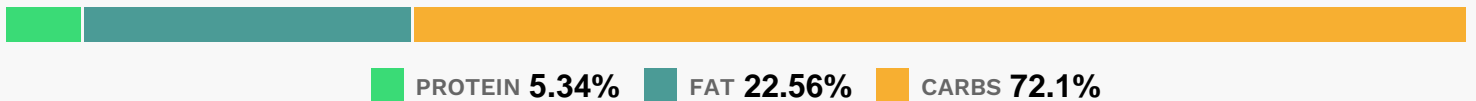
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- In a medium bowl, stir together the oil, brown sugar and white sugar until smooth.
- Mix in the egg and vanilla.
- Combine the flour, baking soda and salt, stir into the sugar mixture. Fold in the oats, cornflakes and chocolate chips. Drop by rounded spoonfuls onto a cookie sheet.
- Bake for 8 to 12 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:4.03, Inflammation Score:-1, Nutrition Score:1.3965217438729%

Nutrients (% of daily need)

Calories: 57.48kcal (2.87%), Fat: 1.46g (2.24%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 10.14g (3.69%), Sugar: 6.45g (7.17%), Cholesterol: 4.65mg (1.55%), Sodium: 39.92mg (1.74%), Alcohol: 0.02g (100%), Alcohol %: 0.14% (100%), Protein: 0.78g (1.55%), Manganese: 0.08mg (3.85%), Iron: 0.57mg (3.16%), Selenium: 2.03µg (2.9%), Vitamin B1: 0.04mg (2.81%), Folate: 9.98µg (2.49%), Vitamin B2: 0.04mg (2.18%), Vitamin B3: 0.37mg (1.86%), Copper: 0.03mg (1.64%), Phosphorus: 14.5mg (1.45%), Magnesium: 5.47mg (1.37%), Fiber: 0.33g (1.31%), Vitamin K: 1.26µg (1.2%), Vitamin B6: 0.02mg (1.01%)