



Elena's Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



94 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.7 cup butter softened
- ☐ 1 cup infant cereal dry
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup wheat germ
- ☐ 0.5 cup sugar white

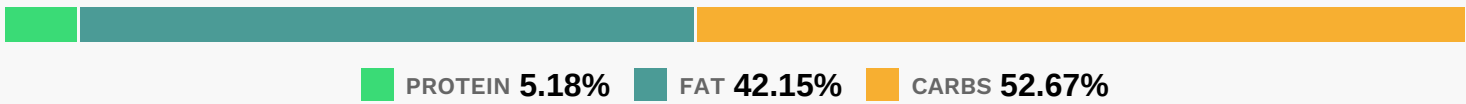
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease or line baking sheets with parchment paper.
- ☐ In a medium sized bowl mix the shortening, applesauce, white sugar, brown sugar, egg and vanilla. Beat until well combined.
- ☐ In another bowl combine the infant cereal, flour, baking soda, salt and wheat germ.
- ☐ Add the dry ingredients to the wet ingredients and mix well.
- ☐ Spoon tablespoonfuls of dough onto the prepared baking sheets.
- ☐ Bake at 375 degrees F (190 degrees C) for 8 to 10 minutes or until just set.
- ☐ Let cool on wire racks before storing.

Nutrition Facts



Properties

Glycemic Index:8.91, Glycemic Load:5.23, Inflammation Score:-2, Nutrition Score:3.0252174004588%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 93.56kcal (4.68%), Fat: 4.5g (6.92%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 12g (4.36%), Sugar: 7.55g (8.39%), Cholesterol: 16.3mg (5.43%), Sodium: 118.42mg (5.15%), Alcohol: 0.05g (100%), Alcohol %: 0.23% (100%), Protein: 1.25g (2.49%), Manganese: 0.34mg (16.76%), Selenium: 4.21µg (6.01%), Vitamin B1: 0.09mg (5.87%), Folate: 22.9µg (5.73%), Iron: 0.75mg (4.17%), Vitamin B2: 0.06mg (3.48%), Vitamin A: 168.49IU (3.37%), Phosphorus: 31.1mg (3.11%), Vitamin B3: 0.61mg (3.05%), Vitamin B6: 0.05mg (2.73%), Fiber: 0.65g (2.62%), Zinc: 0.36mg (2.39%), Magnesium: 9.3mg (2.32%), Copper: 0.03mg (1.61%), Vitamin B12: 0.09µg (1.47%), Potassium: 40.05mg (1.14%), Vitamin B5: 0.11mg (1.08%), Vitamin E: 0.15mg (1.01%)