



Everything Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



36

CALORIES



301 kcal

DESSERT

Ingredients

- 1.5 cups apricots
- 4 teaspoons baking soda
- 2 cups brown sugar
- 1.5 cups butter
- 1 cup cherries dried
- 4 cups flour all-purpose
- 0.5 cup golden raisins
- 3 cups cereal prepared

- 1.5 cups granulated sugar
- 1 cup oats quick
- 1 cup pecans chopped
- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 4 eggs whole

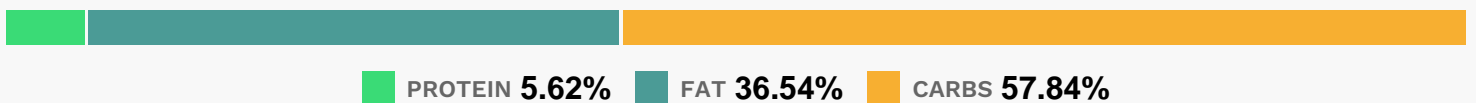
Equipment

- baking sheet
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Cream the butter and sugars.
- Add the vanilla and eggs. Next, add the flour, baking soda and salt.
- Add in the granola and oatmeal. Fold in the apricots, cherries, pecans and raisins.
- With a cookie scoop or two spoons, drop onto cookie sheets and bake for 12 to 14 minutes. Cool on a rack. Eat, and feel unguilty because there's no chocolate in this cookie.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:15.47, Inflammation Score:-4, Nutrition Score:6.5186956317528%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-

gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 301.18kcal (15.06%), Fat: 12.5g (19.23%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 42.59g (15.49%), Sugar: 26.02g (28.91%), Cholesterol: 38.52mg (12.84%), Sodium: 262.03mg (11.39%), Alcohol: 0.08g (100%), Alcohol %: 0.13% (100%), Protein: 4.33g (8.65%), Manganese: 0.62mg (31.08%), Selenium: 9.16µg (13.09%), Vitamin B1: 0.18mg (11.82%), Vitamin A: 508.38IU (10.17%), Iron: 1.56mg (8.68%), Folate: 33.61µg (8.4%), Phosphorus: 79.85mg (7.98%), Fiber: 1.93g (7.73%), Vitamin B2: 0.13mg (7.49%), Magnesium: 25.31mg (6.33%), Copper: 0.12mg (5.83%), Vitamin B3: 1.05mg (5.27%), Vitamin E: 0.79mg (5.26%), Zinc: 0.61mg (4.04%), Potassium: 132.32mg (3.78%), Calcium: 34.24mg (3.42%), Vitamin B5: 0.28mg (2.81%), Vitamin B6: 0.05mg (2.53%), Vitamin K: 1.63µg (1.55%), Vitamin B12: 0.07µg (1.11%)