



Fiber One® Crunchy Fudge Cookies

 Dairy Free

READY IN



90 min.

SERVINGS



42

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 2 cups all-bran cereal
- ☐ 0.3 cup water
- ☐ 1 eggs
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons vanilla
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 2 tablespoons semisweet chocolate chips miniature

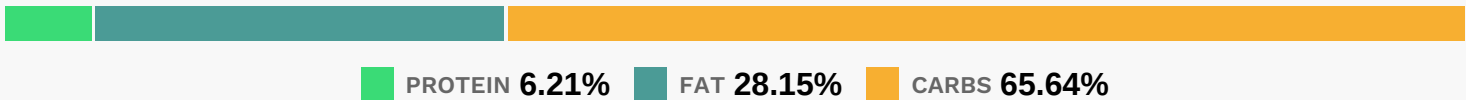
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 350°F. Spray cookie sheets with cooking spray. In large bowl, mix ingredients with spoon. Drop dough by rounded tablespoonfuls 2 inches apart on cookie sheets.
- ☐ Bake 10 to 12 minutes until set. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 30 minutes. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:1.18, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:3.8473912969879%

Nutrients (% of daily need)

Calories: 70.2kcal (3.51%), Fat: 2.31g (3.55%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 11.18g (4.07%), Sugar: 6.77g (7.53%), Cholesterol: 3.94mg (1.31%), Sodium: 44.74mg (1.95%), Alcohol: 0.07g (100%), Alcohol %: 0.43% (100%), Protein: 1.15g (2.29%), Vitamin B6: 0.36mg (17.82%), Manganese: 0.23mg (11.49%), Folate: 39.17µg (9.79%), Vitamin B12: 0.57µg (9.43%), Iron: 0.92mg (5.14%), Vitamin B2: 0.09mg (5.02%), Vitamin B1: 0.07mg (4.51%), Phosphorus: 37.87mg (3.79%), Fiber: 0.92g (3.7%), Magnesium: 12.1mg (3.02%), Zinc: 0.4mg (2.66%), Vitamin B3: 0.44mg (2.22%), Copper: 0.04mg (2.04%), Calcium: 12.64mg (1.26%), Vitamin A: 57.6IU (1.15%), Potassium: 35.86mg (1.02%)