



Frosted Flakes White Chocolate Chip Cookies

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose gold medal flour
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup frosted flakes cereal
- ☐ 1 large eggs
- ☐ 6 tablespoons granulated sugar
- ☐ 3 tablespoons vanilla jello pudding mix instant flavored
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 tablespoons brown sugar light packed

- ☐ 1 stick butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 cup chocolate chips white

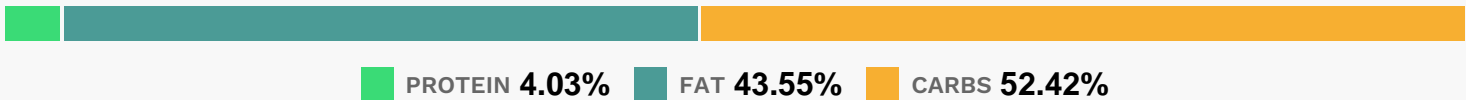
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer
- ☐ rolling pin

Directions

- ☐ Preheat oven to 350 degrees F. and line a large baking sheet with a silpat liner or parchment paper.Cream butter and sugars in stand mixer until well combined, about 2 minutes.
- ☐ Add egg and vanilla beating to combine. Slowly add flour, salt, baking soda and pudding mix.
- ☐ Place 1 cup of cereal into a ziploc bag, zip it closed and crush cereal by rolling over with a rolling pin until finely ground.
- ☐ Add crushed cereal to bowl mixing to combine.
- ☐ Add white chips stirring to combine.With a medium cookie scoop, place dough 1 inch apart from each other on prepared baking sheet.
- ☐ Bake for 10-12 minutes, until baked through.
- ☐ Remove from oven and let cool on baking sheet for 10 minutes before transferring.
- ☐ Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:8.07, Inflammation Score:-1, Nutrition Score:2.3695652199828%

Nutrients (% of daily need)

Calories: 132.77kcal (6.64%), Fat: 6.52g (10.03%), Saturated Fat: 3.96g (24.73%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 17.46g (6.35%), Sugar: 12.45g (13.83%), Cholesterol: 19.45mg (6.48%), Sodium: 102.38mg (4.45%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.36g (2.72%), Vitamin B1: 0.08mg (5.33%), Vitamin B2: 0.09mg (5.25%), Folate: 17.89µg (4.47%), Iron: 0.79mg (4.38%), Vitamin B3: 0.86mg (4.28%), Selenium: 2.92µg (4.17%), Vitamin B6: 0.07mg (3.7%), Vitamin B12: 0.21µg (3.5%), Vitamin A: 159.44IU (3.19%), Phosphorus: 25.06mg (2.51%), Calcium: 20.71mg (2.07%), Manganese: 0.04mg (2.02%), Vitamin E: 0.21mg (1.38%), Vitamin D: 0.19µg (1.3%), Vitamin B5: 0.11mg (1.13%), Potassium: 36.91mg (1.05%)