



## Gluten-Free Crunchy Fudge Cookies

READY IN



40 min.

SERVINGS



24

CALORIES



133 kcal

DESSERT

### Ingredients

- 16 oz brownie mix gluten free
- 3 cups corn flakes/bran flakes
- 0.3 cup water
- 1 eggs slightly beaten
- 2 teaspoons vanilla gluten-free
- 0.3 cup semisweet chocolate chips miniature
- 0.8 cup powdered sugar
- 0.1 teaspoon ground cinnamon
- 3 teaspoons milk

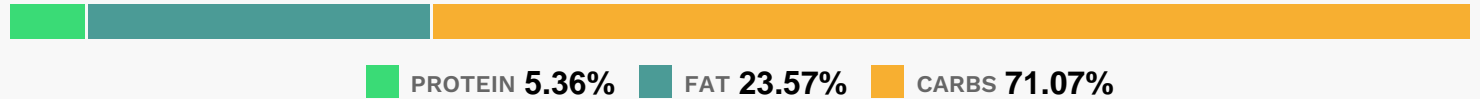
## Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Heat oven to 350° F. Spray cookie sheets with cooking spray.
- In large bowl, mix cookie ingredients with spoon until blended. Drop dough by rounded measuring tablespoonfuls about 2 inches apart onto cookie sheets.
- Bake 10 to 12 minutes or until set. Cool 2 minutes; remove from cookie sheet to cooling rack. Cool 10 minutes before glazing.
- In small bowl, mix powdered sugar and cinnamon. Stir in milk until smooth. If necessary, add additional milk 1 teaspoon at a time, until glaze reaches drizzling consistency.
- Drizzle cookies with glaze.

## Nutrition Facts



## Properties

Glycemic Index:4.8, Glycemic Load:2.26, Inflammation Score:-3, Nutrition Score:3.6134782770406%

## Nutrients (% of daily need)

Calories: 132.59kcal (6.63%), Fat: 3.53g (5.43%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 22.83g (8.3%), Sugar: 14.96g (16.62%), Cholesterol: 7.04mg (2.35%), Sodium: 85.54mg (3.72%), Alcohol: 0.11g (100%), Alcohol %: 0.4% (100%), Protein: 1.81g (3.61%), Iron: 2.12mg (11.79%), Manganese: 0.21mg (10.72%), Folate: 34.21µg (8.55%), Selenium: 3.43µg (4.9%), Vitamin B2: 0.08mg (4.79%), Vitamin B12: 0.27µg (4.57%), Vitamin B6: 0.09mg (4.47%), Fiber: 1.12g (4.47%), Vitamin B1: 0.07mg (4.46%), Vitamin B3: 0.86mg (4.3%), Magnesium: 16.16mg (4.04%), Phosphorus: 33.15mg (3.31%), Copper: 0.06mg (2.91%), Vitamin A: 137.18IU (2.74%), Zinc: 0.34mg (2.29%), Vitamin D: 0.21µg (1.39%), Potassium: 44.7mg (1.28%)