



## Gluten-Free Easy Monster Cookies

READY IN



40 min.

SERVINGS



24

CALORIES



216 kcal

DESSERT

### Ingredients

- 0.5 cup butter softened
- 0.5 cup peanut butter
- 1 eggs
- 19 oz chocolate chip cookie mix gluten free
- 0.8 cup m&m candies
- 0.5 cup rice chex

### Equipment

- bowl

baking sheet

oven

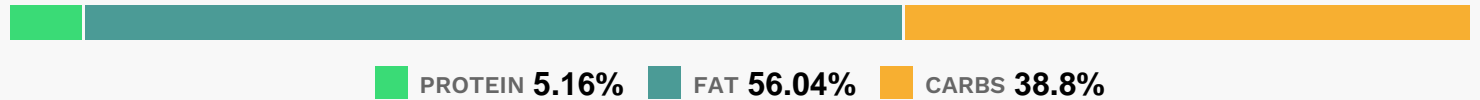
## Directions

Heat oven to 350°F. In large bowl, stir butter, peanut butter and egg until blended. Stir in cookie mix until soft dough forms. Stir in candies and cereal, breaking cereal apart as dough is stirred.

Onto ungreased cookie sheets, drop dough by rounded tablespoonfuls about 3 inches apart.

Bake 11 to 13 minutes or until edges are light golden brown. Cool at least 2 minutes; remove from cookie sheets. Cool completely before storing in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:4.69, Glycemic Load:7.22, Inflammation Score:-2, Nutrition Score:2.7765217183725%

## Nutrients (% of daily need)

Calories: 216.25kcal (10.81%), Fat: 13.69g (21.07%), Saturated Fat: 6.13g (38.3%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 20.26g (7.37%), Sugar: 11.96g (13.28%), Cholesterol: 19.76mg (6.59%), Sodium: 145.61mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin B3: 1.27mg (6.36%), Folate: 24.83µg (6.21%), Vitamin B1: 0.09mg (6.02%), Manganese: 0.1mg (4.97%), Fiber: 1.07g (4.29%), Magnesium: 16.97mg (4.24%), Vitamin E: 0.62mg (4.14%), Vitamin B2: 0.07mg (4.1%), Iron: 0.66mg (3.68%), Phosphorus: 34.82mg (3.48%), Vitamin A: 153.06IU (3.06%), Zinc: 0.35mg (2.37%), Potassium: 75.88mg (2.17%), Vitamin B6: 0.04mg (1.88%), Calcium: 14.42mg (1.44%), Selenium: 0.94µg (1.34%), Copper: 0.03mg (1.27%)