



## Graham Cracker Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



174 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.8 cup butter softened
- 0.8 cup candy-coated milk chocolate pieces
- 1 eggs
- 1.3 cups flour all-purpose
- 1 cup graham cracker crumbs
- 0.5 cup pecans chopped
- 0.5 teaspoon salt

- 2 cups semi chocolate chips
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

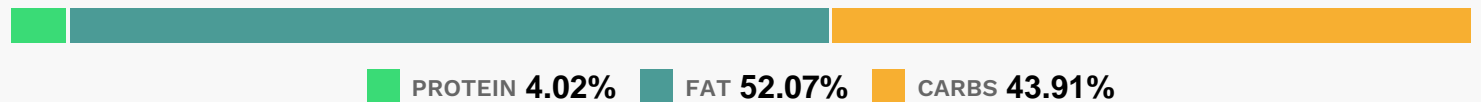
## Equipment

- baking sheet
- oven

## Directions

- Beat together margarine and sugars until light and fluffy. Blend in egg and vanilla.
- Add combined flour, graham cracker crumbs, baking soda and salt.
- Mix well. Stir in chocolate chips , M & M's, and nuts.
- Drop dough by heaping tablespoonfuls onto greased cookie sheets about 3 inches apart . Press 2 or 3 additional M & M candies on top of cookies if desired.
- Bake in pre-heated oven 375 degrees F (190 degrees C) for 8-10 minutes or until lightly browned. Cool on sheet about 3 minute and remove to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:7.75, Glycemic Load:5.6, Inflammation Score:-2, Nutrition Score:3.0321738857614%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

## Nutrients (% of daily need)

Calories: 174.09kcal (8.7%), Fat: 10.17g (15.65%), Saturated Fat: 5.44g (33.97%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 18.04g (6.56%), Sugar: 12.75g (14.16%), Cholesterol: 15.96mg (5.32%), Sodium: 99.95mg (4.35%),

Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 8.6mg (2.87%), Protein: 1.77g (3.53%), Manganese: 0.23mg (11.65%), Copper: 0.15mg (7.63%), Iron: 1.07mg (5.93%), Magnesium: 22.29mg (5.57%), Fiber: 1.26g (5.04%), Phosphorus: 43.28mg (4.33%), Selenium: 2.84µg (4.06%), Vitamin B1: 0.05mg (3.55%), Zinc: 0.43mg (2.87%), Vitamin A: 140.34IU (2.81%), Folate: 10.1µg (2.52%), Vitamin B2: 0.04mg (2.46%), Vitamin B3: 0.45mg (2.26%), Potassium: 78.79mg (2.25%), Calcium: 19.2mg (1.92%), Vitamin E: 0.21mg (1.37%), Vitamin K: 1.12µg (1.07%)