



Green Goblin Cookies

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

DESSERT

Ingredients

- ☐ 2.5 cups cereal biscuits shredded whole-wheat mini coarsely chopped
- ☐ 12 oz melting chocolate white
- ☐ 6 servings paste food coloring green

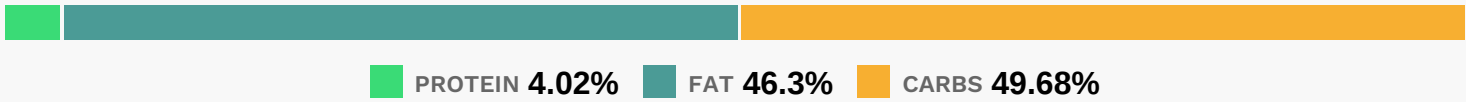
Equipment

- ☐ bowl
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Microwave chocolate in a microwave-safe bowl on medium for 3 minutes, stirring after every minute. Stir in desired amount of food coloring.
- ☐ Add cereal, stirring gently to coat. Drop cereal mixture by heaping tablespoonfuls onto wax paper.
- ☐ Let cookies stand about 30 minutes, or until firm. Makes about 1 1/2 dozen.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:20.75, Inflammation Score:-7, Nutrition Score:14.336521698081%

Nutrients (% of daily need)

Calories: 342.13kcal (17.11%), Fat: 19.74g (30.37%), Saturated Fat: 11.45g (71.57%), Carbohydrates: 47.66g (15.89%), Net Carbohydrates: 41.49g (15.09%), Sugar: 32.29g (35.88%), Cholesterol: 0mg (0%), Sodium: 99.07mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 37.42mg (12.47%), Protein: 3.86g (7.72%), Manganese: 0.87mg (43.74%), Iron: 6.23mg (34.62%), Folate: 112.87µg (28.22%), Magnesium: 102.24mg (25.56%), Fiber: 6.17g (24.67%), Vitamin B2: 0.37mg (21.73%), Copper: 0.41mg (20.44%), Phosphorus: 158.18mg (15.82%), Vitamin B3: 3.16mg (15.82%), Vitamin B6: 0.31mg (15.39%), Vitamin B1: 0.23mg (15.2%), Selenium: 10.34µg (14.77%), Vitamin B12: 0.83µg (13.89%), Zinc: 1.68mg (11.23%), Vitamin A: 416.67IU (8.33%), Potassium: 253.26mg (7.24%), Vitamin D: 0.55µg (3.67%), Vitamin K: 3.81µg (3.62%), Calcium: 20.94mg (2.09%), Vitamin B5: 0.18mg (1.85%), Vitamin E: 0.28mg (1.84%)