



## Healthier No Bake Cookies I

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



106 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 0.5 cup crunchy peanut butter
- 0.5 cup milk 1% low-fat ()
- 3 cups quick-cooking oats
- 4 tablespoons cocoa powder unsweetened
- 0.5 cup coconut or unsweetened
- 1 teaspoon vanilla extract
- 1.3 cups sugar white

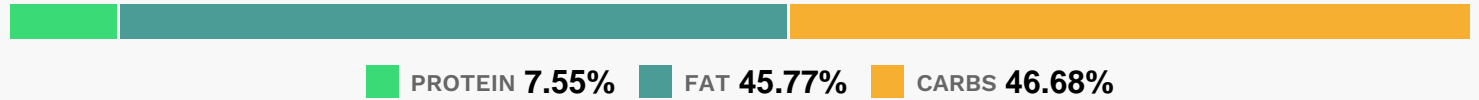
# Equipment

sauce pan

# Directions

- Combine sugar, milk, butter, and cocoa in a saucepan. Bring to a boil and cook until sugar dissolves, about 1 1/2 minutes.
- Remove from heat and stir in peanut butter, oats, coconut, and vanilla extract.
- Roll dough into walnut-sized balls and place on waxed paper.
- Let cool until hardened.

# Nutrition Facts



# Properties

Glycemic Index:5.14, Glycemic Load:7.43, Inflammation Score:-2, Nutrition Score:3.0908695499858%

# Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

# Nutrients (% of daily need)

Calories: 106.3kcal (5.32%), Fat: 5.7g (8.77%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 11.76g (4.28%), Sugar: 7.6g (8.45%), Cholesterol: 6.94mg (2.31%), Sodium: 39.8mg (1.73%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 2.12g (4.23%), Manganese: 0.41mg (20.47%), Magnesium: 28.28mg (7.07%), Phosphorus: 53.03mg (5.3%), Fiber: 1.32g (5.28%), Selenium: 3.03µg (4.33%), Copper: 0.08mg (3.84%), Vitamin B1: 0.04mg (2.9%), Vitamin B3: 0.57mg (2.85%), Iron: 0.5mg (2.79%), Zinc: 0.4mg (2.64%), Vitamin E: 0.35mg (2.35%), Potassium: 72.01mg (2.06%), Vitamin A: 85.21IU (1.7%), Folate: 5.9µg (1.48%), Vitamin B6: 0.03mg (1.4%), Vitamin B2: 0.02mg (1.28%), Vitamin B5: 0.11mg (1.14%), Calcium: 10.77mg (1.08%)