



Honey-Bran Cookies

READY IN



75 min.

SERVINGS



36

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup honey
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups all-bran cereal

- ☐ 0.5 cup powdered sugar
- ☐ 3 teaspoons milk

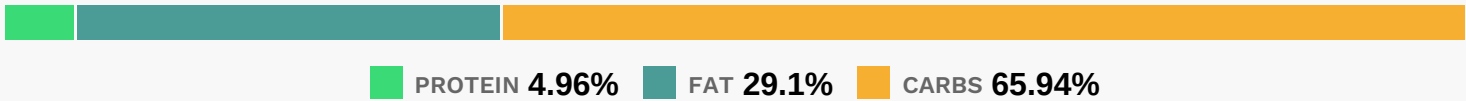
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. In medium bowl, beat butter, brown sugar, honey and egg with electric mixer on medium speed, scraping bowl constantly, until smooth. Stir in flour, baking soda, salt and cinnamon. Stir in cereal.
- ☐ Onto ungreased cookie sheets, drop dough by rounded teaspoonfuls 2 inches apart.
- ☐ Bake 7 to 9 minutes or until set and golden brown (surfaces will appear shiny). Cool 1 to 2 minutes; remove from cookie sheets to cooling racks. Cool 15 minutes.
- ☐ In small bowl, mix glaze ingredients until smooth.
- ☐ Drizzle over cookies.

Nutrition Facts



Properties

Glycemic Index:5.97, Glycemic Load:5.42, Inflammation Score:-3, Nutrition Score:4.1699999454229%

Nutrients (% of daily need)

Calories: 82.79kcal (4.14%), Fat: 2.85g (4.38%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 13.59g (4.94%), Sugar: 8.9g (9.89%), Cholesterol: 4.6mg (1.53%), Sodium: 86.97mg (3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin B6: 0.32mg (15.87%), Manganese: 0.24mg (11.9%), Folate: 44.1µg (11.03%), Vitamin B12: 0.5µg (8.37%), Vitamin B1: 0.1mg (6.7%), Vitamin B2: 0.11mg (6.19%), Iron: 0.76mg (4.24%), Phosphorus: 39.23mg (3.92%), Fiber: 0.92g (3.69%), Selenium: 2.48µg (3.54%), Vitamin B3: 0.7mg (3.51%), Vitamin A: 165.26IU (3.31%), Magnesium: 11.18mg (2.79%), Zinc: 0.39mg (2.58%), Copper: 0.04mg

(1.93%), Calcium: 16.11mg (1.61%), Potassium: 42.23mg (1.21%)