



Low Fat Cocoa Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



52 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 3 cups chocolate cereal puffs flavored
- ☐ 2 egg whites
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup reduced fat margarine
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

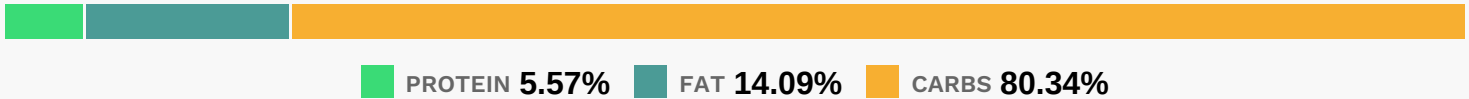
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease baking sheets.
- ☐ In a bowl stir together the flour, baking soda and salt.
- ☐ In a large bowl beat the margarine and the sugar until light and fluffy.
- ☐ Mix in the eggs and vanilla and beat well. Stir in the flour mixture and mix thoroughly. Stir in the cereal.
- ☐ Drop dough by rounded teaspoons onto the prepared baking sheets.
- ☐ Bake at 350 degrees F (175 degrees C) for 10 to 12 minutes or until lightly browned.
- ☐ Let cookies cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:5.65, Inflammation Score:-1, Nutrition Score:1.8417391310567%

Nutrients (% of daily need)

Calories: 51.54kcal (2.58%), Fat: 0.82g (1.26%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 10.24g (3.72%), Sugar: 6.13g (6.81%), Cholesterol: 0.45mg (0.15%), Sodium: 69.23mg (3.01%), Alcohol: 0.03g (100%), Alcohol %: 0.27% (100%), Protein: 0.73g (1.46%), Vitamin B1: 0.07mg (4.58%), Folate: 17.31µg (4.33%), Vitamin B2: 0.07mg (4.13%), Vitamin B3: 0.73mg (3.66%), Iron: 0.64mg (3.56%), Selenium: 1.9µg (2.72%), Zinc: 0.41mg (2.7%), Vitamin B6: 0.05mg (2.59%), Vitamin B12: 0.15µg (2.54%), Manganese: 0.04mg (1.87%), Vitamin K: 1.57µg (1.5%), Phosphorus: 10.86mg (1.09%), Calcium: 10.92mg (1.09%), Vitamin A: 51.96IU (1.04%), Fiber: 0.26g (1.04%)