



## Marco Polo Peanut Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



180 kcal

DESSERT

### Ingredients

- 3 teaspoons double-acting baking powder
- 1 cup bran flakes cereal
- 0.5 cup brown sugar packed
- 1 eggs
- 2 cups flour all-purpose
- 0.3 cup milk
- 0.8 cup peanuts raw spanish
- 0.5 teaspoon salt
- 0.8 cup shortening

1 cup sugar white

## Equipment

baking sheet

oven

## Directions

Sift together flour, baking powder and salt. Cream sugars, shortening and egg.

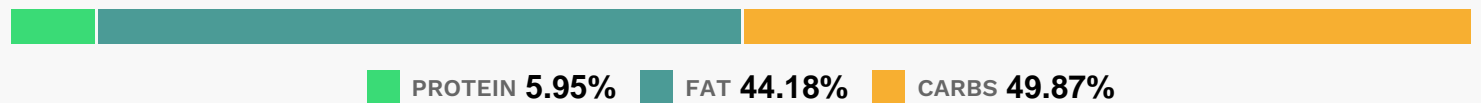
Add sifted dry ingredients to creamed mixture alternating with milk. Stir in bran flakes and peanuts.

Mix well.

Drop by teaspoonfuls onto greased baking sheet.

Bake at 375 degrees F (190 degrees C) for 10-12 minutes until lightly brown. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:15.07, Glycemic Load:12.53, Inflammation Score:-2, Nutrition Score:4.3943478776061%

## Nutrients (% of daily need)

Calories: 179.93kcal (9%), Fat: 9.09g (13.98%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 22.06g (8.02%), Sugar: 13.23g (14.7%), Cholesterol: 7.13mg (2.37%), Sodium: 116.85mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Manganese: 0.25mg (12.75%), Folate: 42.04µg (10.51%), Vitamin B1: 0.14mg (9.18%), Vitamin B3: 1.63mg (8.14%), Selenium: 5.45µg (7.79%), Iron: 1.26mg (6.98%), Vitamin B2: 0.09mg (5.55%), Phosphorus: 53.77mg (5.38%), Calcium: 44.65mg (4.46%), Fiber: 1.02g (4.08%), Magnesium: 15.76mg (3.94%), Copper: 0.07mg (3.43%), Vitamin K: 3.48µg (3.31%), Vitamin E: 0.43mg (2.88%), Vitamin B6: 0.06mg (2.77%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.29mg (1.93%), Potassium: 66.69mg (1.91%), Vitamin B12: 0.11µg (1.89%), Vitamin A: 55.68IU (1.11%)