



Million Monster Cookies

READY IN



45 min.

SERVINGS



100

CALORIES



263 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 4 teaspoons baking soda
- 2 cups butter softened
- 2 cups candy-coated milk chocolate pieces
- 2 cups coconut or shredded
- 9 eggs
- 8 cups flour all-purpose
- 4 cups brown sugar light packed
- 2 cups pecans chopped

- 8 cups rolled oats
- 2 cups semi chocolate chips
- 2 cups shortening
- 4 teaspoons vanilla extract
- 4 cups sugar white

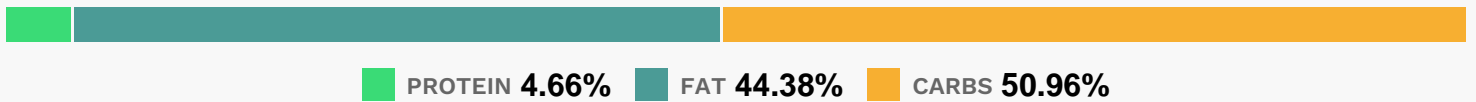
Equipment

- baking sheet
- oven
- mixing bowl

Directions

- In a very large mixing bowl, cream together the shortening, the butter or margarine, the sugars, the eggs, and the vanilla.
- Add to the mixing bowl the flour, the leavenings, the oats, the nuts, the coconut, the chocolate chips, and the M & M candies.
- Drop dough by spoonfuls onto ungreased cookie sheets. To make extra large cookies, drop by ice cream scoopfuls.
- Bake at 350 degrees F (175 degrees C) for 10 to 12 minutes, longer for large cookies.
- Remove, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:12.66, Inflammation Score:-2, Nutrition Score:4.9560869177398%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate:

0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 262.68kcal (13.13%), Fat: 13.16g (20.25%), Saturated Fat: 5.57g (34.84%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 32.32g (11.75%), Sugar: 20.76g (23.06%), Cholesterol: 25.33mg (8.44%), Sodium: 102.37mg (4.45%), Alcohol: 0.05g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.1mg (1.03%), Protein: 3.11g (6.22%), Manganese: 0.48mg (24.05%), Selenium: 7.23µg (10.32%), Vitamin B1: 0.13mg (8.51%), Iron: 1.27mg (7.05%), Phosphorus: 67.4mg (6.74%), Fiber: 1.68g (6.72%), Copper: 0.13mg (6.27%), Folate: 23.36µg (5.84%), Magnesium: 22.06mg (5.51%), Vitamin B2: 0.09mg (5.04%), Zinc: 0.58mg (3.84%), Vitamin B3: 0.74mg (3.71%), Calcium: 33.83mg (3.38%), Vitamin E: 0.49mg (3.25%), Vitamin A: 147.18IU (2.94%), Vitamin K: 3.01µg (2.87%), Vitamin B5: 0.26mg (2.56%), Potassium: 87.91mg (2.51%), Vitamin B6: 0.03mg (1.41%)