



Minnesota Mail Carrier Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



180 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 cups brown sugar packed
- 1 cup coconut or flaked
- 1 cup dates chopped
- 3 eggs
- 2.5 cups flour all-purpose
- 1 cup rolled oats
- 1 cup shortening

- 0.5 cup walnuts chopped
- 2 tablespoons warm water

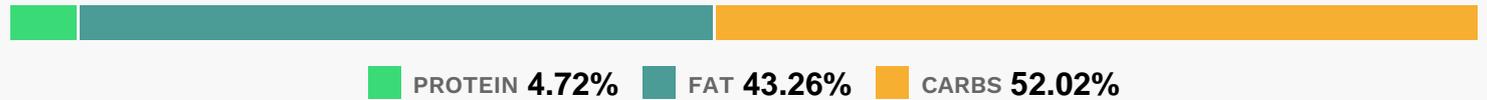
Equipment

- baking sheet
- oven

Directions

- Preheat the oven to 400 degrees F (205 degrees C).
- Dissolve the baking soda in the warm water. Cream the shortening with the brown sugar until light. Stir in the eggs, baking soda mixture, coconut, oatmeal, dates or raisins, nuts and flour.
- Mix until combined. Drop by teaspoonfuls onto baking sheets.
- Bake at 400 degrees F (205 degrees C) for 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:5.19, Glycemic Load:6.76, Inflammation Score:-1, Nutrition Score:3.4613043717716%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 179.89kcal (8.99%), Fat: 8.87g (13.65%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 22.73g (8.26%), Sugar: 14.72g (16.36%), Cholesterol: 13.64mg (4.55%), Sodium: 40.59mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Manganese: 0.28mg (14.04%), Selenium: 5.51µg (7.86%), Vitamin B1: 0.09mg (6.01%), Folate: 21.03µg (5.26%), Fiber: 1.28g (5.13%), Iron: 0.82mg (4.56%), Vitamin B2: 0.07mg (4.15%), Copper: 0.08mg (4.14%), Phosphorus: 39.38mg (3.94%), Magnesium: 13.01mg (3.25%), Vitamin B3: 0.64mg (3.19%), Vitamin K: 3.27µg (3.12%), Vitamin E: 0.43mg (2.84%), Potassium: 85.53mg (2.44%), Vitamin B5: 0.23mg (2.27%), Zinc: 0.3mg (2.02%), Vitamin B6: 0.04mg (2%), Calcium: 18.55mg (1.86%)