



Mississippi Mud Cookies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



114 kcal

DESSERT

Ingredients

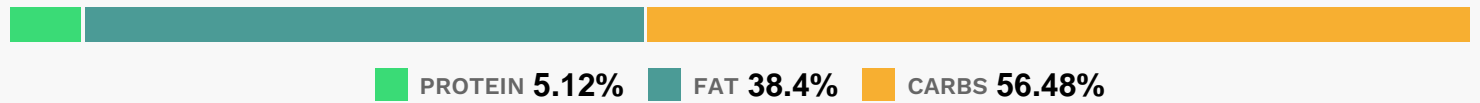
- 0.5 cup butter
- 0.5 cup coconut or flaked
- 0.5 cup milk
- 3 cups rolled oats
- 6 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped
- 2 cups sugar white

Equipment

Directions

- Bring sugar, milk and butter to boil. Boil for 2 minutes and remove from heat.
- Stir in cocoa and vanilla. Stir in remaining ingredients to coat well.
- Drop onto waxed paper by the tablespoonfuls. Cool and enjoy!

Nutrition Facts



Properties

Glycemic Index:6.06, Glycemic Load:9.4, Inflammation Score:-1, Nutrition Score:2.6334782432279%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 113.66kcal (5.68%), Fat: 5.08g (7.81%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 15.51g (5.64%), Sugar: 11.48g (12.75%), Cholesterol: 7.19mg (2.4%), Sodium: 22.73mg (0.99%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Protein: 1.52g (3.04%), Manganese: 0.37mg (18.3%), Fiber: 1.29g (5.17%), Copper: 0.09mg (4.71%), Phosphorus: 46.06mg (4.61%), Magnesium: 17.6mg (4.4%), Selenium: 2.53µg (3.62%), Iron: 0.5mg (2.75%), Vitamin B1: 0.04mg (2.67%), Zinc: 0.39mg (2.63%), Vitamin A: 84.6IU (1.69%), Potassium: 56.93mg (1.63%), Vitamin B2: 0.02mg (1.42%), Calcium: 11.53mg (1.15%), Vitamin B5: 0.11mg (1.13%), Vitamin B6: 0.02mg (1.11%), Folate: 4.22µg (1.06%)