



Monster Cookies

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



18

CALORIES



226 kcal

DESSERT

Ingredients

- 1.3 cups brown sugar packed
- 0.5 cup shortening
- 2 eggs
- 1 cup oats
- 1 cup m&m candies
- 0.5 cup raisins
- 0.5 cup nuts chopped
- 2.5 cups frangelico

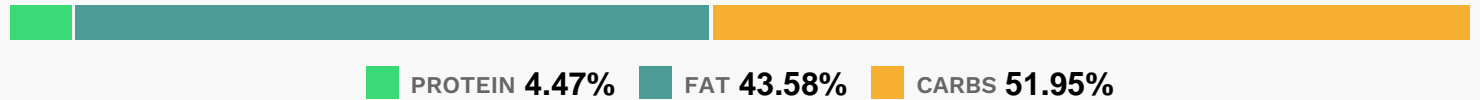
Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 375°F. In large bowl, beat brown sugar, shortening and eggs with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients.
- On ungreased cookie sheet, drop dough by 1/4 cupfuls about 2 inches apart. Flatten to about 1/2-inch thickness with bottom of glass that has been greased and dipped into granulated sugar.
- Bake 12 to 16 minutes or until golden brown. Cool 3 minutes; carefully remove from cookie sheet to cooling rack.

Nutrition Facts



Properties

Glycemic Index:8.53, Glycemic Load:3.61, Inflammation Score:-1, Nutrition Score:3.2495652126229%

Nutrients (% of daily need)

Calories: 225.79kcal (11.29%), Fat: 11.25g (17.3%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 30.17g (10.06%), Net Carbohydrates: 28.8g (10.47%), Sugar: 22.13g (24.59%), Cholesterol: 19.92mg (6.64%), Sodium: 21.05mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Manganese: 0.29mg (14.65%), Magnesium: 24.33mg (6.08%), Fiber: 1.37g (5.48%), Phosphorus: 51.34mg (5.13%), Selenium: 3.24µg (4.63%), Copper: 0.09mg (4.53%), Iron: 0.8mg (4.45%), Calcium: 34.92mg (3.49%), Vitamin K: 3.19µg (3.04%), Vitamin E: 0.43mg (2.88%), Potassium: 100.3mg (2.87%), Vitamin B1: 0.04mg (2.66%), Vitamin B2: 0.04mg (2.53%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.22mg (2.16%), Vitamin B6: 0.04mg (1.93%), Folate: 6.01µg (1.5%), Vitamin B3: 0.29mg (1.45%), Vitamin A: 52.88IU (1.06%)