



Monster Cookies

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

READY IN



50 min.

SERVINGS



18

CALORIES



226 kcal

DESSERT

Ingredients

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

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Equipment

bowl

baking sheet

oven

wire rack

hand mixer

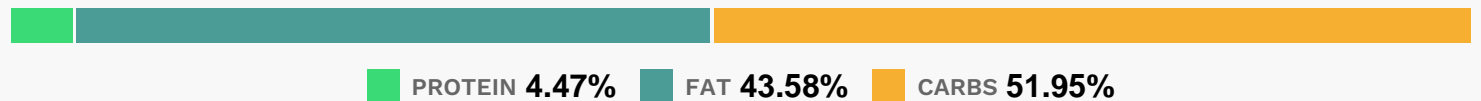
Directions

Heat oven to 375F. 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%)