



Monster Cookies I



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



84

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons baking soda
- ☐ 2.3 cups brown sugar packed
- ☐ 1 cup butter
- ☐ 6 eggs
- ☐ 2.7 cups peanut butter
- ☐ 9 cups rolled oats
- ☐ 2 cups semi chocolate chips
- ☐ 0.5 tablespoon vanilla extract

☐ 2 cups sugar white

Equipment

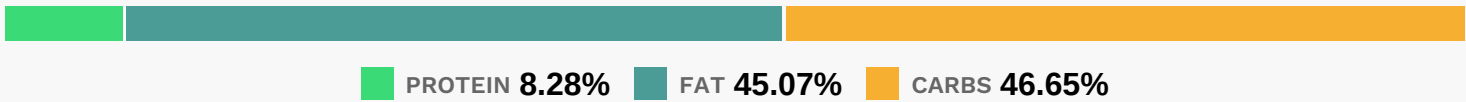
☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease cookie sheets.
- ☐ Cream butter and peanut butter together.
- ☐ Add the sugars and stir until well mixed.
- ☐ Add eggs one at a time, then add vanilla.
- ☐ Mix oatmeal and baking soda separately, then stir into batter.
- ☐ Add chocolate chips last.
- ☐ Drop by heaping teaspoons onto cookie sheets.
- ☐ Bake for 12-15 minutes.

Nutrition Facts



Properties

Glycemic Index:2.07, Glycemic Load:5.53, Inflammation Score:-2, Nutrition Score:4.5830434884714%

Nutrients (% of daily need)

Calories: 172.28kcal (8.61%), Fat: 8.9g (13.69%), Saturated Fat: 3.36g (20.97%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 19.11g (6.95%), Sugar: 13.22g (14.69%), Cholesterol: 17.76mg (5.92%), Sodium: 111.81mg (4.86%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Caffeine: 3.69mg (1.23%), Protein: 3.68g (7.36%), Manganese: 0.5mg (24.87%), Magnesium: 34.36mg (8.59%), Phosphorus: 81.65mg (8.16%), Fiber: 1.61g (6.45%), Copper: 0.13mg (6.37%), Vitamin B3: 1.23mg (6.17%), Selenium: 4.3µg (6.14%), Vitamin E: 0.9mg (6.02%), Iron: 0.88mg (4.91%), Zinc: 0.68mg (4.55%), Vitamin B1: 0.05mg (3.6%), Potassium: 115.27mg (3.29%), Folate: 11.44µg (2.86%), Vitamin B2: 0.05mg (2.79%), Vitamin B6: 0.05mg (2.72%), Vitamin B5: 0.26mg (2.56%), Calcium: 18.72mg (1.87%), Vitamin A: 86.65IU (1.73%)