

Monster Cookies IV

READY IN



45 min.

SERVINGS



48

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter
- ☐ 0.5 cup cashew pieces chopped
- ☐ 4 ounces chocolate bar finely grated
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup graham cracker crumbs

- ☐ 1 tablespoon real maple syrup
- ☐ 0.5 cup pecans chopped
- ☐ 3 cups rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 2 cups semi chocolate chips
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white
- ☐ 0.5 cup flour whole wheat

Equipment

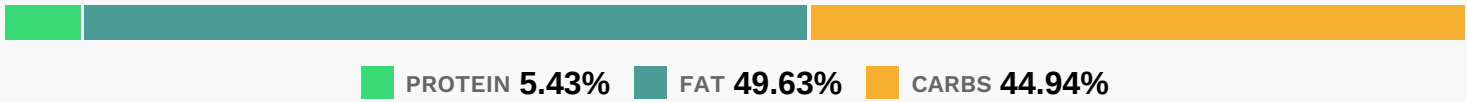
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Place margarine in a large bowl. With an electric mixer, cream for 30 seconds. Stop and scrape bowl.
- ☐ Add sugars and cream for 2 minutes. Stop and scrape bowl.
- ☐ Add eggs, vanilla, and maple syrup.
- ☐ Mix for 2 minutes. Scrape bowl.
- ☐ Add all-purpose flour, whole wheat flour, graham cracker crumbs, baking soda, baking powder, and salt.
- ☐ Mix on low for 1 minute.
- ☐ Add oatmeal and mix on low for 1 to 1 1/2 minutes, until thoroughly blended.
- ☐ Add chocolate and nuts.
- ☐ Mix on low for 30 seconds, just until blended.
- ☐ Drop by rounded teaspoonfuls onto greased baking sheets.

Bake at 350 degrees F (175 degrees C) for 8 to 10 minutes. Cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:6.26, Inflammation Score:-2, Nutrition Score:4.8017391079794%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 187.73kcal (9.39%), Fat: 10.55g (16.23%), Saturated Fat: 5.04g (31.52%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 19.66g (7.15%), Sugar: 12.55g (13.95%), Cholesterol: 17.51mg (5.84%), Sodium: 95.88mg (4.17%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 8.34mg (2.78%), Protein: 2.6g (5.2%), Manganese: 0.53mg (26.32%), Copper: 0.23mg (11.53%), Magnesium: 36.29mg (9.07%), Phosphorus: 78.12mg (7.81%), Iron: 1.39mg (7.73%), Fiber: 1.83g (7.31%), Selenium: 4.97µg (7.1%), Vitamin B1: 0.07mg (4.88%), Zinc: 0.72mg (4.82%), Potassium: 116mg (3.31%), Vitamin B2: 0.05mg (2.94%), Vitamin A: 133.75IU (2.67%), Folate: 10.04µg (2.51%), Calcium: 24.16mg (2.42%), Vitamin B3: 0.43mg (2.16%), Vitamin B5: 0.18mg (1.76%), Vitamin B6: 0.04mg (1.75%), Vitamin E: 0.26mg (1.7%), Vitamin K: 1.71µg (1.63%)