



Monster Cookies V

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



100

CALORIES



157 kcal

DESSERT

Ingredients

- 4 teaspoons baking soda
- 2.5 cups brown sugar packed
- 1 cup butter
- 1 cup candy-coated milk chocolate pieces
- 6 eggs
- 2.5 cups peanut butter
- 1 cup peanuts
- 9 cups rolled oats

- 1.5 cups semi chocolate chips
- 1 teaspoon vanilla extract
- 2 cups sugar white

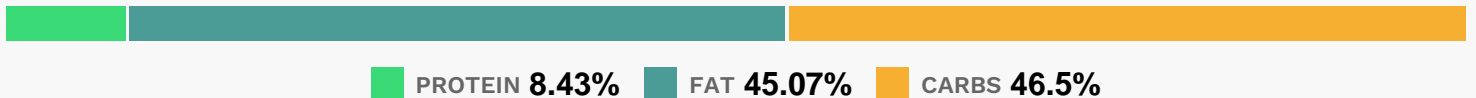
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix together oatmeal, baking soda, chocolate chips, M & M's , and peanuts. Set aside.
- In a separate bowl, mix together white sugar, brown sugar, butter or margarine, vanilla, eggs and peanut butter.
- Combine the two mixes. Wet your hands.
- Roll into 1 inch balls.
- Bake on a greased cookie sheet for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:4.65, Inflammation Score:-2, Nutrition Score:4.0521738964902%

Nutrients (% of daily need)

Calories: 157.03kcal (7.85%), Fat: 8.12g (12.49%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 17.4g (6.33%), Sugar: 12.38g (13.76%), Cholesterol: 15.18mg (5.06%), Sodium: 93.82mg (4.08%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 3.42g (6.84%), Manganese: 0.44mg (21.91%), Magnesium: 29.33mg (7.33%), Phosphorus: 70.46mg (7.05%), Vitamin B3: 1.2mg (6.02%), Fiber: 1.46g (5.83%), Copper: 0.11mg (5.36%), Selenium: 3.63µg (5.18%), Vitamin E: 0.71mg (4.76%), Iron: 0.76mg (4.24%), Zinc: 0.57mg (3.8%), Vitamin B1: 0.05mg (3.62%), Folate: 12.75µg (3.19%), Potassium: 100.61mg (2.87%), Vitamin B6: 0.05mg (2.44%), Vitamin B2: 0.04mg (2.39%), Vitamin B5: 0.23mg (2.34%), Calcium: 19.22mg (1.92%), Vitamin A: 76.99IU (1.54%)