



No-Bake Chewy Fiber One® Protein Cookies

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



157 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 0.3 cup brown sugar packed
- 0.3 cup honey
- 2 cups cranberries
- 0.5 cup cranberries dried sweetened
- 0.5 cup almonds sliced chopped

Equipment

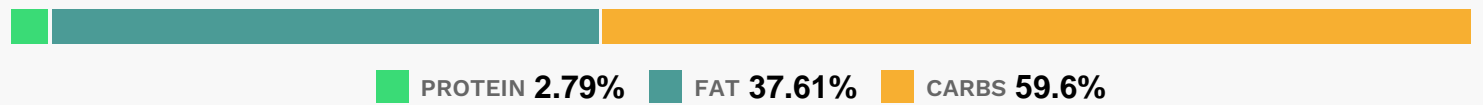
- baking sheet

- sauce pan
- baking paper
- cookie cutter

Directions

- In 2-quart saucepan, melt butter over medium heat.
- Add brown sugar and honey; stir until well combined. Cook over medium heat 2 to 3 minutes or until sugar is dissolved.
- Remove from heat.
- Add cereal, cranberries and almonds; fold in to coat evenly. Line large cookie sheet with cooking parchment paper.
- Place 2 1/2-inch round biscuit cutter on cookie sheet. Spoon 3 rounded tablespoonfuls cereal mixture in center of cookie cutter; press firmly.
- Remove cutter. Repeat with remaining cereal mixture. Refrigerate 15 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:15.73, Glycemic Load:5.66, Inflammation Score:-2, Nutrition Score:2.7743478456269%

Flavonoids

Cyanidin: 9.44mg, Cyanidin: 9.44mg, Cyanidin: 9.44mg, Cyanidin: 9.44mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 157.41kcal (7.87%), Fat: 6.99g (10.75%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 23.28g (8.47%), Sugar: 21.85g (24.28%), Cholesterol: 12.2mg (4.07%), Sodium: 39.74mg (1.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin E: 1.7mg (11.34%), Manganese: 0.21mg (10.35%), Fiber: 1.64g (6.56%), Vitamin B2: 0.06mg (3.79%), Magnesium: 14.86mg (3.72%), Copper: 0.07mg (3.5%), Vitamin C: 2.87mg (3.48%), Vitamin A: 153.86IU (3.08%), Phosphorus: 26.92mg (2.69%), Calcium: 22.65mg (2.26%), Potassium: 69.68mg (1.99%), Iron: 0.34mg (1.89%), Vitamin K: 1.86µg (1.77%), Zinc: 0.2mg (1.33%), Vitamin B6: 0.03mg (1.29%), Vitamin B3: 0.24mg (1.22%), Vitamin B5: 0.12mg (1.17%)