



## No-Bake Chocolate-Oatmeal Cookies

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



91 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup cocoa
- ☐ 3.5 ounce coconut or flaked canned
- ☐ 0.5 cup milk
- ☐ 0.7 cup peanut butter
- ☐ 2 cups quick-cooking oats uncooked
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

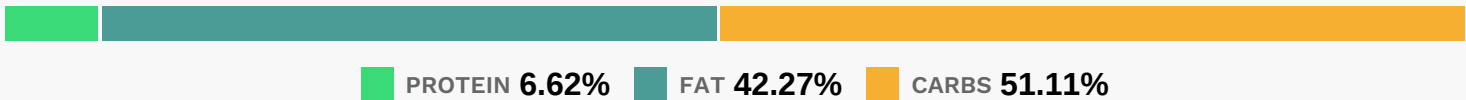
# Equipment

- ☐ baking sheet
- ☐ sauce pan

# Directions

- ☐ Combine oats, peanut butter, coconut, cocoa, and vanilla, mixing well; set aside.
- ☐ Combine sugar, milk, and butter in a small saucepan; bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Pour over reserved oat mixture; quickly stir to mix well.
- ☐ Immediately drop by heaping teaspoonfuls onto waxed paper-lined baking sheets; let cool. Carefully remove from waxed paper to serve.

# Nutrition Facts



# Properties

Glycemic Index:3.9, Glycemic Load:7.24, Inflammation Score:-1, Nutrition Score:2.2352173895292%

# Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 90.94kcal (4.55%), Fat: 4.52g (6.95%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 11.3g (4.11%), Sugar: 9.03g (10.04%), Cholesterol: 0.31mg (0.1%), Sodium: 28.54mg (1.24%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.59g (3.19%), Manganese: 0.27mg (13.62%), Magnesium: 19.62mg (4.91%), Fiber: 0.99g (3.97%), Phosphorus: 38.01mg (3.8%), Copper: 0.06mg (3.08%), Vitamin B3: 0.53mg (2.65%), Vitamin E: 0.4mg (2.65%), Selenium: 1.84µg (2.63%), Iron: 0.35mg (1.97%), Zinc: 0.28mg (1.88%), Vitamin B1: 0.03mg (1.76%), Potassium: 54.94mg (1.57%), Vitamin B6: 0.03mg (1.38%), Vitamin B2: 0.02mg (1.16%), Folate: 4.5µg (1.13%)