

## No Bake Cookies II



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



36

CALORIES



94 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 3 tablespoons cocoa powder
- 0.5 cup milk
- 3 cups cooking oats quick
- 1 teaspoon vanilla extract
- 2 cups sugar white

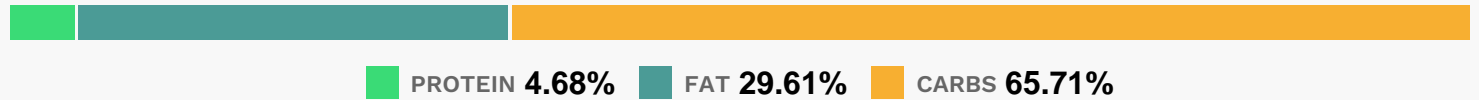
### Equipment

- sauce pan

## Directions

- Mix together sugar, butter or margarine, and milk in a saucepan. Bring to a boil and boil for one minute, stirring constantly.
- Remove from heat and mix in cocoa, quick oatmeal and vanilla. Drop by spoonfuls on waxed paper.

## Nutrition Facts



## Properties

Glycemic Index:6.2, Glycemic Load:10.4, Inflammation Score:-1, Nutrition Score:2.098260840644%

## Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 93.75kcal (4.69%), Fat: 3.22g (4.96%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 15.3g (5.56%), Sugar: 11.37g (12.63%), Cholesterol: 7.19mg (2.4%), Sodium: 21.97mg (0.96%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 1.15g (2.29%), Manganese: 0.31mg (15.37%), Magnesium: 20.81mg (5.2%), Phosphorus: 38.19mg (3.82%), Selenium: 2.52µg (3.6%), Fiber: 0.79g (3.16%), Vitamin B1: 0.04mg (2.59%), Iron: 0.38mg (2.1%), Copper: 0.04mg (2.08%), Zinc: 0.26mg (1.75%), Vitamin A: 84.28IU (1.69%), Potassium: 36.75mg (1.05%)