

No Bake Cookies IV

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

READY IN



50 min.

SERVINGS



36

CALORIES



101 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 1 cup coconut or flaked
- 0.3 cup creamy peanut butter
- 16 large marshmallows
- 2 cups rolled oats
- 1 cup semi chocolate chips
- 0.5 teaspoon vanilla extract

Equipment

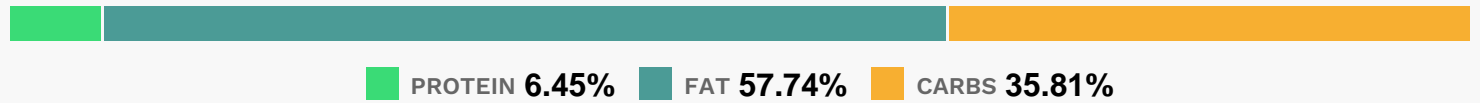
double boiler

Directions

In the top half of a double boiler, melt chocolate chips, butter, and marshmallows over low heat. Stir until smooth, and remove from heat. Stir in the peanut butter, vanilla, coconut, and oats.

Mix thoroughly. Drop by rounded spoonfuls onto waxed paper. Refrigerate for about 30 minutes, or until set.

Nutrition Facts



Properties

Glycemic Index:4.57, Glycemic Load:2.63, Inflammation Score:-1, Nutrition Score:2.7000000058957%

Nutrients (% of daily need)

Calories: 100.99kcal (5.05%), Fat: 6.66g (10.25%), Saturated Fat: 3.83g (23.91%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 7.94g (2.89%), Sugar: 4.1g (4.56%), Cholesterol: 4.82mg (1.61%), Sodium: 27.9mg (1.21%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.67g (3.35%), Manganese: 0.33mg (16.5%), Copper: 0.11mg (5.59%), Fiber: 1.36g (5.43%), Magnesium: 21.29mg (5.32%), Phosphorus: 45.19mg (4.52%), Iron: 0.63mg (3.53%), Selenium: 2.33µg (3.33%), Zinc: 0.41mg (2.72%), Vitamin E: 0.33mg (2.17%), Vitamin B3: 0.43mg (2.14%), Potassium: 71.69mg (2.05%), Vitamin B1: 0.03mg (1.81%), Vitamin B6: 0.02mg (1.2%), Vitamin B5: 0.11mg (1.12%), Vitamin A: 55.03IU (1.1%), Vitamin B2: 0.02mg (1.01%)