



No Bake Cookies V



Gluten Free



Popular

READY IN



80 min.

SERVINGS



36

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 cup milk
- ☐ 0.5 cup chunky peanut butter
- ☐ 3 cups cooking oats quick
- ☐ 1 pinch salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

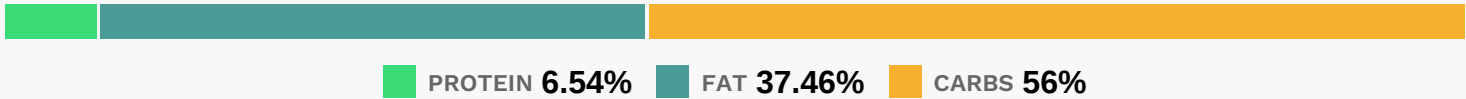
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan over medium heat, combine the sugar, cocoa, milk and margarine. Bring to a boil, stirring occasionally. Boil for 1 minute, then remove from heat and stir in the vanilla, salt, peanut butter and oats.
- ☐ Drop by rounded spoonfuls onto waxed paper. Allow cookies to cool for at least 1 hour. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:10.49, Inflammation Score:-2, Nutrition Score:2.8939130459305%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 115.62kcal (5.78%), Fat: 5.06g (7.78%), Saturated Fat: 1.07g (6.72%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 15.99g (5.81%), Sugar: 11.75g (13.05%), Cholesterol: 0.41mg (0.14%), Sodium: 47.92mg (2.08%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Protein: 1.99g (3.98%), Manganese: 0.37mg (18.34%), Magnesium: 27.79mg (6.95%), Phosphorus: 51.63mg (5.16%), Fiber: 1.03g (4.11%), Selenium: 2.66µg (3.8%), Copper: 0.06mg (3.18%), Vitamin E: 0.47mg (3.16%), Vitamin B1: 0.04mg (2.94%), Vitamin B3: 0.55mg (2.75%), Iron: 0.46mg (2.58%), Zinc: 0.36mg (2.42%), Vitamin A: 118.26IU (2.37%), Potassium: 60.27mg (1.72%), Vitamin B2: 0.02mg (1.44%), Folate: 5.47µg (1.37%), Vitamin B6: 0.03mg (1.29%), Calcium: 10.93mg (1.09%), Vitamin B5: 0.1mg (1.03%)