



No-Bake Dark Chocolate Granola Cookies

 **Gluten Free**

READY IN



45 min.

SERVINGS



24

CALORIES



177 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 4 cups oats 'n chocolate protein granola dark
- 0.5 cup creamy peanut butter
- 0.5 cup milk
- 2 cups sugar
- 0.3 cup cocoa powder dark unsweetened
- 0.5 teaspoon vanilla

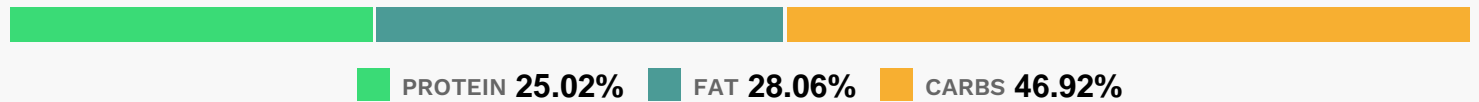
Equipment

- baking sheet
- sauce pan
- aluminum foil

Directions

- Line cookie sheet with foil. In 4-quart saucepan, heat sugar, butter, cocoa and milk to boiling over medium-high heat. Boil 2 minutes, stirring frequently; remove from heat. Stir in peanut butter and vanilla until smooth. Stir in granola until well combined.
- Quickly drop granola mixture onto cookie sheet by heaping tablespoonfuls. Cool until set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:11.86, Inflammation Score:-1, Nutrition Score:16.667826051945%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 176.78kcal (8.84%), Fat: 6.06g (9.33%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 19.56g (7.11%), Sugar: 18g (20%), Cholesterol: 26.87mg (8.96%), Sodium: 114.67mg (4.99%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 12.16g (24.32%), Vitamin B3: 11.33mg (56.64%), Vitamin B6: 1.09mg (54.33%), Vitamin B2: 0.92mg (54.32%), Vitamin B5: 5.37mg (53.75%), Vitamin B1: 0.8mg (53.66%), Vitamin B12: 3.21µg (53.44%), Calcium: 132.53mg (13.25%), Fiber: 3.24g (12.94%), Manganese: 0.11mg (5.71%), Potassium: 190.23mg (5.44%), Vitamin E: 0.55mg (3.65%), Magnesium: 14.22mg (3.56%), Phosphorus: 30.5mg (3.05%), Copper: 0.06mg (2.89%), Zinc: 0.22mg (1.48%), Vitamin A: 67.33IU (1.35%), Iron: 0.23mg (1.26%), Folate: 4.98µg (1.25%)