



No-Bake Fruit and Nut Cookies



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



60

CALORIES



60 kcal

Ingredients

- ☐ 4 cups all-bran cereal (flakes)
- ☐ 1 cup dates pitted chopped
- ☐ 1 cup apricots dried cut into small pieces
- ☐ 1 cup cranberries dried
- ☐ 1 cup pecans toasted chopped
- ☐ 1 cup pistachios toasted chopped
- ☐ 1 cup raisins

Equipment

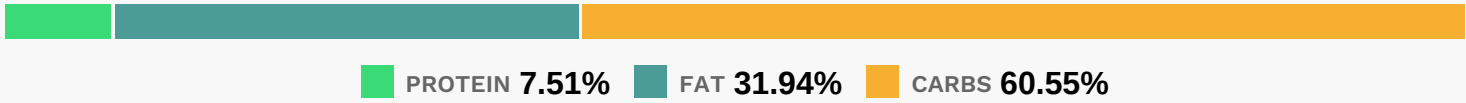
- ☐ food processor

☐ bowl

Directions

- ☐ Process the cereal and chopped dates in a food processor, until the cereal is crumbled.
- ☐ Add raisins, dried cranberries, apricots and the nuts and process until everything is finely chopped.
- ☐ Transfer the mixture to a large bowl and shape them into balls, preferably scooping out mixture using a tablespoon so that all the cookie balls are shaped evenly.

Nutrition Facts



Properties

Glycemic Index:3.61, Glycemic Load:3.17, Inflammation Score:-4, Nutrition Score:6.47956525502%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 60.29kcal (3.01%), Fat: 2.5g (3.84%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 8.42g (3.06%), Sugar: 5.06g (5.62%), Cholesterol: 0mg (0%), Sodium: 11.73mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin B6: 0.55mg (27.36%), Manganese: 0.44mg (21.8%), Folate: 56.35µg (14.09%), Vitamin B12: 0.78µg (12.95%), Fiber: 2.22g (8.89%), Vitamin B1: 0.13mg (8.55%), Vitamin B2: 0.13mg (7.4%), Phosphorus: 67.64mg (6.76%), Copper: 0.11mg (5.62%), Iron: 1.01mg (5.59%), Magnesium: 22.19mg (5.55%), Zinc: 0.66mg (4.41%), Vitamin B3: 0.78mg (3.92%), Potassium: 132.75mg (3.79%), Vitamin A: 160.07IU (3.2%), Calcium: 22.51mg (2.25%), Vitamin E: 0.26mg (1.73%), Vitamin C: 1.13mg (1.37%), Vitamin D: 0.18µg (1.18%), Selenium: 0.75µg (1.07%), Vitamin B5: 0.1mg (1.01%)