



No-Bake Fruit Cookies

 Vegetarian

READY IN



20 min.

SERVINGS



90

CALORIES



37 kcal

Ingredients

- ☐ 6 ounces apricot dried
- ☐ 1 cup hazelnuts
- ☐ 2.5 cups graham cracker crumbs
- ☐ 14 ounces condensed milk sweetened canned

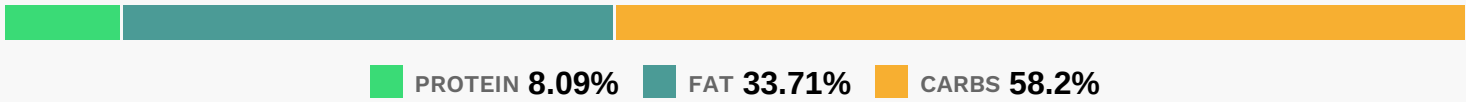
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place apricots and hazelnuts in food processor. Cover and process, using quick on-and-off motions, until finely chopped.
- ☐ Place mixture in large bowl. Stir in cracker crumbs and milk.
- ☐ Shape mixture into 1-inch balls. Cover tightly and store in refrigerator up to 2 weeks or freeze up to 2 months.

Nutrition Facts



Properties

Glycemic Index:2.04, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:1.1804347814101%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 36.98kcal (1.85%), Fat: 1.44g (2.21%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 5.24g (1.9%), Sugar: 4g (4.45%), Cholesterol: 1.5mg (0.5%), Sodium: 21.17mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.55%), Manganese: 0.09mg (4.35%), Phosphorus: 21.08mg (2.11%), Vitamin E: 0.29mg (1.93%), Calcium: 16.93mg (1.69%), Vitamin A: 80.16IU (1.6%), Vitamin B2: 0.03mg (1.58%), Copper: 0.03mg (1.54%), Potassium: 51.48mg (1.47%), Fiber: 0.35g (1.39%), Magnesium: 5.3mg (1.33%), Vitamin B1: 0.02mg (1.21%), Iron: 0.22mg (1.21%), Selenium: 0.73µg (1.04%)