



No Bake Macadamia Nut Cookies



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



36

CALORIES



106 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 2 tablespoons cocoa / carob powder
- ☐ 0.3 cup macadamia nut butter
- ☐ 3 cups oats
- ☐ 0.5 cup soy milk
- ☐ 1 cup sugar white

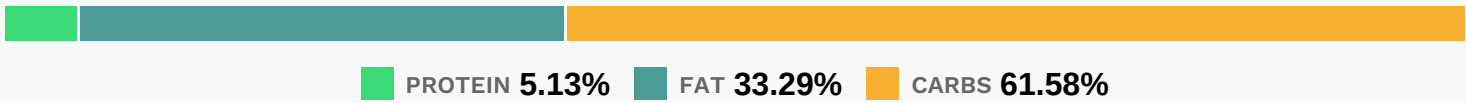
Equipment

- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Place white sugar, brown sugar, butter, milk, and carob powder in a large pan over medium-high heat; bring to a boil. Boil for 2 minutes, stirring occasionally.
- ☐ Remove the pan from the heat, and stir in macadamia nut butter until dissolved. Stir in oatmeal until well incorporated. Drop onto a waxed paper lined cookie sheet, and place in the refrigerator to cool.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:5.47, Inflammation Score:-1, Nutrition Score:2.4360869449118%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 105.7kcal (5.28%), Fat: 4.05g (6.22%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 15.83g (5.76%), Sugar: 11.86g (13.18%), Cholesterol: 6.78mg (2.26%), Sodium: 24.32mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Manganese: 0.29mg (14.4%), Vitamin E: 0.61mg (4.04%), Fiber: 1.01g (4.03%), Phosphorus: 37.79mg (3.78%), Magnesium: 14.96mg (3.74%), Selenium: 2.23µg (3.18%), Copper: 0.05mg (2.59%), Iron: 0.42mg (2.34%), Vitamin B1: 0.03mg (2.28%), Vitamin B2: 0.04mg (2.17%), Zinc: 0.32mg (2.13%), Calcium: 21.17mg (2.12%), Vitamin A: 91.73IU (1.83%), Potassium: 53.82mg (1.54%), Vitamin B3: 0.25mg (1.26%), Folate: 4.38µg (1.1%)