



Oatmeal-Chocolate Pretzel Cookies

READY IN



40 min.

SERVINGS



24

CALORIES



146 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 1 tablespoon water
- 1 eggs
- 17.5 oz basic cookie mix
- 1.5 cups pretzels chopped

Equipment

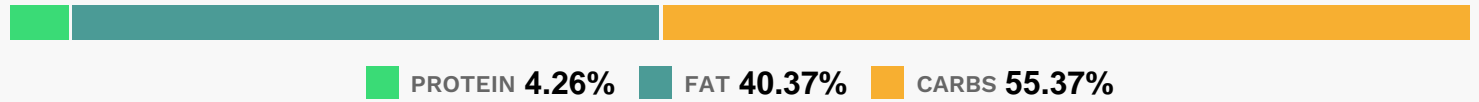
- bowl
- baking sheet

oven

Directions

- Heat oven to 375°F (or 350°F for dark or nonstick cookie sheet).
- In medium bowl, stir butter, water and egg until well blended. Stir in cookie mix and chopped pretzels.
- Onto ungreased cookie sheets, drop dough by rounded tablespoons 2 inches apart.
- Bake 11 to 13 minutes or until light golden brown. Cool on cookie sheets 1 minute.
- Remove from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:3.2, Inflammation Score:-1, Nutrition Score:1.1065217301897%

Nutrients (% of daily need)

Calories: 145.65kcal (7.28%), Fat: 6.4g (9.85%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 19.07g (6.93%), Sugar: 9.86g (10.95%), Cholesterol: 16.99mg (5.66%), Sodium: 116.75mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Fiber: 0.7g (2.78%), Vitamin A: 128.08IU (2.56%), Folate: 10.05µg (2.51%), Manganese: 0.05mg (2.36%), Vitamin B2: 0.03mg (1.9%), Iron: 0.34mg (1.87%), Vitamin B1: 0.03mg (1.86%), Vitamin B3: 0.35mg (1.73%), Selenium: 0.83µg (1.19%), Phosphorus: 11.16mg (1.12%), Vitamin E: 0.15mg (1.02%)