



Oatmeal-Coconut Crispies

 Dairy Free

READY IN



45 min.

SERVINGS



42

CALORIES



71 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup firmly brown sugar packed
- 0.5 cup butter softened
- 0.5 cup coconut or flaked
- 1 cup rice cereal crisp
- 1 large eggs
- 1 cup flour all-purpose

- 1 cup regular oats uncooked
- 0.5 cup pecans chopped
- 0.3 teaspoon salt
- 0.3 cup sugar

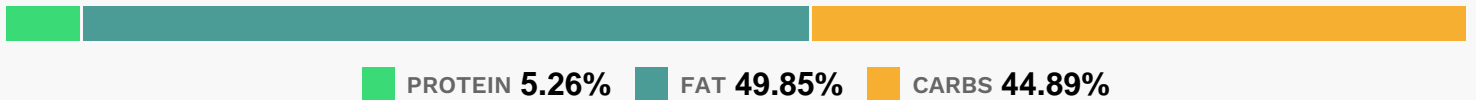
Equipment

- baking sheet
- oven
- hand mixer

Directions

- Beat first 3 ingredients at medium speed with an electric mixer until fluffy.
- Add egg, beating until blended.
- Add flour and next 4 ingredients, beating until blended. Stir in rice cereal, coconut, and pecans.
- Drop by tablespoonfuls onto lightly greased baking sheets.
- Bake at 350 for 10 minutes or until lightly browned; remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:2.93, Inflammation Score:-1, Nutrition Score:1.6252173995194%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 71.18kcal (3.56%), Fat: 4.04g (6.21%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.61g (2.77%), Sugar: 3.89g (4.32%), Cholesterol: 4.43mg (1.48%), Sodium: 57.89mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Manganese: 0.18mg (8.93%), Selenium: 2.25µg (3.22%), Vitamin B1: 0.04mg (2.94%), Fiber: 0.57g (2.28%), Phosphorus: 20.94mg (2.09%), Vitamin A: 103.82IU (2.08%), Copper: 0.04mg (1.94%), Folate: 7.74µg (1.93%), Iron: 0.34mg (1.9%), Vitamin B2: 0.03mg (1.66%), Magnesium: 6.4mg (1.6%), Zinc: 0.19mg (1.28%), Vitamin B3: 0.24mg (1.19%)