



Orange Slice Cookies II

 Vegetarian

READY IN



30 min.

SERVINGS



48

CALORIES



109 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar
- 1 cup butter softened
- 1 cup coconut or flaked
- 2 eggs
- 2 cups flour all-purpose
- 1 cup orange candy chopped
- 1 cup rolled oats

- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup sugar white

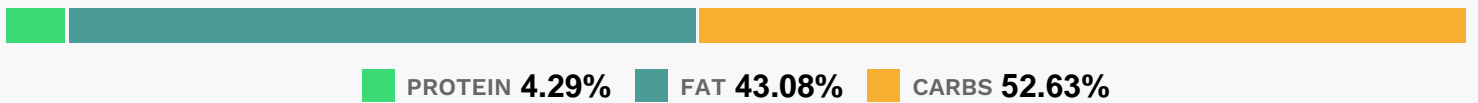
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, cream together the butter, brown sugar and white sugar until light and fluffy.
- Add the eggs one at a time, beating well with each addition, then stir in the vanilla.
- Combine the flour, baking soda and salt; gradually stir into the creamed mixture. Finally, stir in the oats, coconut and candy orange slices. Drop by rounded spoonfuls onto the prepared cookie sheet.
- Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.78, Glycemic Load:6.32, Inflammation Score:-1, Nutrition Score:2.005217379202%

Flavonoids

Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 109.04kcal (5.45%), Fat: 5.33g (8.2%), Saturated Fat: 3.53g (22.06%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 13.96g (5.08%), Sugar: 9.14g (10.15%), Cholesterol: 16.99mg (5.66%), Sodium: 106.45mg (4.63%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.19g (2.39%), Manganese: 0.15mg (7.52%), Selenium: 3.29µg (4.7%), Vitamin B1: 0.05mg (3.6%), Folate: 12.41µg (3.1%), Fiber: 0.69g (2.76%), Vitamin A: 136.52IU (2.73%), Vitamin B2: 0.04mg (2.5%), Iron: 0.44mg (2.47%), Vitamin C: 2.02mg (2.45%), Phosphorus: 21.68mg (2.17%), Vitamin B3: 0.36mg (1.78%), Copper: 0.03mg (1.69%), Magnesium: 6.18mg (1.55%), Zinc: 0.17mg (1.11%), Potassium: 38.07mg (1.09%), Vitamin B5: 0.1mg (1.05%), Vitamin E: 0.15mg (1.02%)