



Paw Cookies

 Dairy Free

READY IN



27 min.

SERVINGS



30

CALORIES



159 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar light packed
- 1 cup butter softened (2 sticks)
- 1 egg yolk
- 2 cups flour
- 2 squares baker's semi-sweet chocolate melted
- 1.3 cups puffed wheat cereal sweetened divided

Equipment

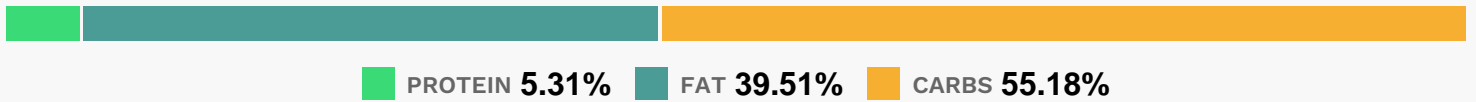
- frying pan

- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Beat butter and sugar with electric mixer on medium speed until creamy.
- Add egg yolk; beat until well blended.
- Add flour; mix well. Stir in 1 cup of the cereal.
- Roll level tablespoonfuls of dough into balls; place on ungreased baking sheets. Flatten each ball, then make 3 indents on one side of each for "pawprint."
- Bake at 350F for 12 minutes or until lightly browned. DO NOT OVERBAKE.
- Remove from pan; cool completely on wire rack.
- Let stand until set.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:4.6, Inflammation Score:-5, Nutrition Score:8.2500000272108%

Nutrients (% of daily need)

Calories: 158.9kcal (7.95%), Fat: 7.26g (11.16%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 21.17g (7.7%), Sugar: 8.87g (9.86%), Cholesterol: 6.59mg (2.2%), Sodium: 130.68mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Vitamin D: 8.42µg (56.13%), Folate: 100.17µg (25.04%), Iron: 3.59mg (19.96%), Vitamin B1: 0.15mg (9.77%), Zinc: 1.22mg (8.17%), Vitamin B2: 0.14mg (8.07%), Vitamin B3: 1.57mg (7.83%), Vitamin A: 385.08IU (7.7%), Fiber: 1.63g (6.53%), Vitamin B6: 0.12mg (5.75%), Vitamin B12: 0.34µg (5.62%), Phosphorus: 49.68mg (4.97%), Selenium: 3.41µg (4.87%), Manganese: 0.09mg (4.33%), Magnesium: 14.42mg (3.61%), Calcium: 32.51mg (3.25%), Potassium: 68.74mg (1.96%), Copper: 0.04mg (1.96%), Vitamin E: 0.27mg (1.77%), Vitamin C: 1.27mg (1.54%)