



Peanut Butter Candy Jumble Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



382 kcal

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 1 cup m&m candies
- ☐ 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- ☐ 0.5 cup oats
- ☐ 1 cup roasted peanuts salted
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons water

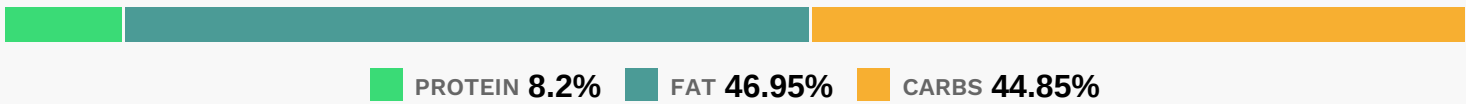
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 375F. In large bowl, stir all ingredients until soft dough forms. Drop dough by 1/4 cupfuls onto ungreased cookie sheet.
- ☐ Bake 12 to 18 minutes or until edges begin to brown. Cool 1 minute; remove from cookie sheet to wire rack. Cool completely.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:1.29, Inflammation Score:-2, Nutrition Score:4.7795652384343%

Nutrients (% of daily need)

Calories: 382.43kcal (19.12%), Fat: 20.64g (31.75%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 44.35g (14.78%), Net Carbohydrates: 41.01g (14.91%), Sugar: 27.14g (30.15%), Cholesterol: 16.24mg (5.41%), Sodium: 409.42mg (17.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.22%), Manganese: 0.43mg (21.64%), Fiber: 3.34g (13.38%), Vitamin B3: 1.85mg (9.24%), Magnesium: 30.03mg (7.51%), Phosphorus: 69.82mg (6.98%), Iron: 1.25mg (6.92%), Vitamin K: 6.37µg (6.07%), Copper: 0.1mg (4.8%), Selenium: 3.19µg (4.55%), Folate: 18.13µg (4.53%), Vitamin B1: 0.06mg (3.89%), Calcium: 35.99mg (3.6%), Potassium: 111.57mg (3.19%), Zinc: 0.4mg (2.66%), Vitamin B5: 0.25mg (2.5%), Vitamin E: 0.34mg (2.27%), Vitamin B6: 0.04mg (2.04%), Vitamin B2: 0.03mg (1.83%), Vitamin A: 58.63IU (1.17%)