



## Potato Chip Cookie Mix in a Jar



Vegetarian



Vegan



Dairy Free

READY IN



34 min.

SERVINGS



30

CALORIES



103 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2.5 cups flour all-purpose
- ☐ 0.7 cup pecans chopped
- ☐ 1.5 cups potato chips crushed
- ☐ 1 cup sugar white

### Equipment

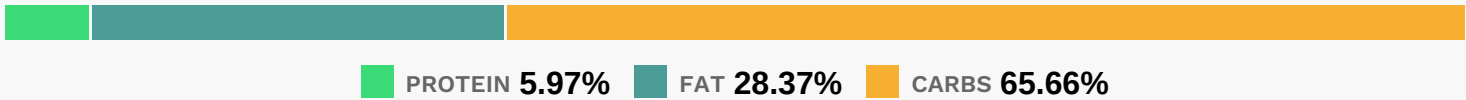
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ mixing bowl

## Directions

- ☐ In a small bowl, stir together the flour and baking powder.
- ☐ Empty jar of cookie mix into large mixing bowl.
- ☐ Mix thoroughly.
- ☐ Add: 2 sticks butter, softened and 1 teaspoon vanilla.
- ☐ Mix until blended completely. Shape into balls the size of walnuts. Flatten.
- ☐ Bake at 350 degrees F (175 degrees C) for 14 to 18 minutes until edges are very lightly browned. Cool 5 minutes on the cookie sheets.
- ☐ Remove cookies to wire racks to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:8.24, Glycemic Load:10.45, Inflammation Score:-1, Nutrition Score:2.7678260919031%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

## Nutrients (% of daily need)

Calories: 103kcal (5.15%), Fat: 3.31g (5.1%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 16.6g (6.04%), Sugar: 6.79g (7.55%), Cholesterol: 0mg (0%), Sodium: 36.81mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Manganese: 0.21mg (10.43%), Vitamin B1: 0.11mg (7.12%), Selenium: 3.77µg (5.39%), Folate: 20.83µg (5.21%), Vitamin B3: 0.85mg (4.23%), Vitamin B2: 0.06mg (3.51%), Iron: 0.62mg (3.43%), Vitamin E: 0.48mg (3.21%), Phosphorus: 27.38mg (2.74%), Copper: 0.05mg (2.72%), Fiber: 0.65g (2.58%), Vitamin B5: 0.25mg (2.51%), Potassium: 72.24mg (2.06%), Magnesium: 7.94mg (1.98%), Vitamin B6: 0.03mg (1.61%), Zinc: 0.23mg (1.53%), Calcium: 12.05mg (1.21%), Vitamin C: 0.94mg (1.15%), Vitamin K: 1.06µg (1.01%)