

Pride Of Iowa Cookies

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

36

CALORIES

calories

187 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup coconut or flaked
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 3 cups rolled oats
- ☐ 0.5 teaspoon salt

- ☐ 1 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 1 cup sugar white

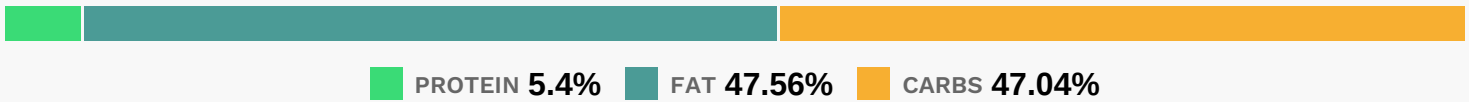
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ Cream together shortening and sugars.
- ☐ Mix in flour, salt, soda, baking powder, and oatmeal. Stir in coconut, eggs, vanilla, and nuts. Drop by teaspoonfuls onto cookie sheets.
- ☐ Bake for 15 minutes. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:9.34, Inflammation Score:-1, Nutrition Score:4.1669565011626%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 186.55kcal (9.33%), Fat: 10.1g (15.53%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 21g (7.63%), Sugar: 11.84g (13.15%), Cholesterol: 9.09mg (3.03%), Sodium: 81.43mg (3.54%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.58g (5.16%), Manganese: 0.47mg (23.68%), Selenium: 5.76µg (8.23%), Vitamin B1: 0.1mg (6.68%), Fiber: 1.47g (5.89%), Phosphorus: 58.84mg (5.88%), Copper: 0.11mg (5.6%), Iron: 0.89mg (4.93%), Folate: 19.48µg (4.87%), Magnesium: 19mg (4.75%), Vitamin B2: 0.06mg (3.79%), Zinc: 0.48mg (3.18%), Vitamin K: 3.29µg (3.13%), Vitamin E: 0.44mg (2.94%), Vitamin B3: 0.55mg (2.73%), Vitamin B5: 0.23mg (2.28%), Calcium: 21.47mg (2.15%), Vitamin B6: 0.04mg (2.05%), Potassium: 70.85mg (2.02%)