



Prize Winning Jumble Cookies

READY IN



22 min.

SERVINGS



48

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 cups rice cereal crispy
- ☐ 0.5 cup cranberries dried
- ☐ 1 eggs
- ☐ 5.6 ounces flour
- ☐ 0.5 cup pecans toasted
- ☐ 0.3 teaspoon salt
- ☐ 2 cups semi-sweet chocolate

- ☐ 0.8 cup sugar
- ☐ 4 ounces butter unsalted room temperature
- ☐ 1 teaspoon vanilla

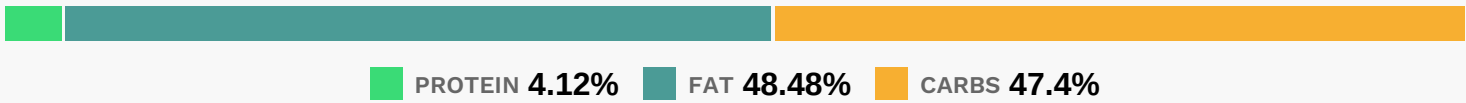
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees.Thoroughly stir together the flour, baking soda and salt; set aside.With an electric mixer, beat butter and sugar for 3 minutes.
- ☐ Add egg and vanilla and beat for about 30 seconds. Stir in the flour mixture; stir in the cereal, chocolate chips and dried cranberries just until mixed. If using, go ahead and add the pecans.Drop by well-rounded teaspoonfuls onto a lightly greased or parchment lined baking sheet; bake until golden, about 10–12 minutes.
- ☐ Transfer to a wire rack to cool.My yield was close to 4 dozen. If you use tablespoons rather than rounded teaspoonfuls, you'll get close to 3 dozen.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:4.01, Inflammation Score:-1, Nutrition Score:2.1326086905016%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg,

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Nutrients (% of daily need)

Calories: 103.85kcal (5.19%), Fat: 5.68g (8.73%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.63g (4.23%), Sugar: 7.89g (8.77%), Cholesterol: 8.93mg (2.98%), Sodium: 26.33mg (1.14%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Caffeine: 6.27mg (2.09%), Protein: 1.09g (2.17%), Manganese: 0.17mg (8.75%), Copper: 0.11mg (5.7%), Iron: 0.7mg (3.87%), Magnesium: 15.49mg (3.87%), Fiber: 0.86g (3.44%), Selenium: 2.2µg (3.15%), Phosphorus: 29.13mg (2.91%), Vitamin B1: 0.04mg (2.66%), Folate: 8.01µg (2%), Zinc: 0.29mg (1.95%), Vitamin B2: 0.03mg (1.73%), Potassium: 54.6mg (1.56%), Vitamin B3: 0.31mg (1.54%), Vitamin A: 68.27IU (1.37%), Vitamin E: 0.15mg (1.02%)