



Pudding Cookies I



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



112 kcal

Ingredients

- ☐ 0.8 cup buttermilk baking mix
- ☐ 1 eggs
- ☐ 3.9 ounce chocolate pudding mix instant
- ☐ 0.3 cup vegetable oil

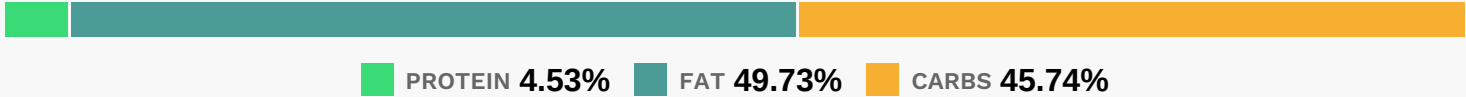
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Combine the baking mix, vegetable oil, egg and pudding mix in a bowl.
- ☐ Mix well. Stir in the nuts or chocolate chips (optional).
- ☐ Place teaspoonfuls on ungreased cookie sheet.
- ☐ Bake at 350 degrees F (175 degrees C) for 10 minutes or until toothpick comes clean.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.1552174116444%

Nutrients (% of daily need)

Calories: 112.32kcal (5.62%), Fat: 6.22g (9.57%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 12.38g (4.5%), Sugar: 7.14g (7.93%), Cholesterol: 13.79mg (4.6%), Sodium: 232.57mg (10.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin K: 8.99µg (8.56%), Phosphorus: 57.77mg (5.78%), Vitamin B2: 0.05mg (3.21%), Vitamin B1: 0.05mg (3.03%), Manganese: 0.06mg (3.02%), Vitamin E: 0.43mg (2.84%), Folate: 11.37µg (2.84%), Selenium: 1.92µg (2.74%), Copper: 0.05mg (2.34%), Iron: 0.39mg (2.18%), Fiber: 0.49g (1.96%), Vitamin B3: 0.37mg (1.82%), Calcium: 16.58mg (1.66%), Magnesium: 6.46mg (1.62%), Vitamin B5: 0.12mg (1.25%), Potassium: 39.03mg (1.12%), Vitamin B12: 0.06µg (1.03%)