



Pudding Cookies I



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



144 kcal

Ingredients

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

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

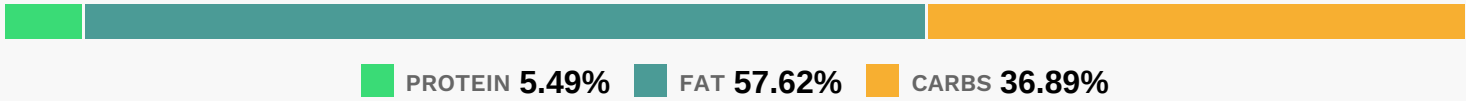
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toothpicks

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:1.67, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.2582608412789%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 144.2kcal (7.21%), Fat: 9.4g (14.46%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 12.72g (4.63%), Sugar: 7.27g (8.07%), Cholesterol: 13.79mg (4.6%), Sodium: 232.67mg (10.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Manganese: 0.23mg (11.34%), Vitamin K: 9.12µg (8.69%), Phosphorus: 74.64mg (7.46%), Copper: 0.12mg (6.22%), Vitamin B1: 0.06mg (4.14%), Folate: 16.15µg (4.04%), Vitamin B2: 0.06mg (3.64%), Magnesium: 14.16mg (3.54%), Fiber: 0.82g (3.26%), Selenium: 2.16µg (3.08%), Vitamin E: 0.46mg (3.07%), Iron: 0.53mg (2.96%), Calcium: 21.36mg (2.14%), Vitamin B3: 0.42mg (2.1%), Zinc: 0.3mg (2%), Vitamin B6: 0.04mg (1.96%), Potassium: 60.53mg (1.73%), Vitamin B5: 0.15mg (1.53%), Vitamin B12: 0.06µg (1.03%)