



Pudding Cookies II

READY IN



45 min.

SERVINGS



48

CALORIES



98 kcal

DESSERT

Ingredients

- 2 cups baking mix
- 2 eggs
- 7 ounce vanilla pudding mix instant
- 0.5 cup milk
- 2 cups semi chocolate chips
- 0.3 cup vegetable oil

Equipment

- baking sheet

baking paper

oven

Directions

Preheat oven to 350 degrees F (175 degrees C). Line baking sheets with parchment paper.

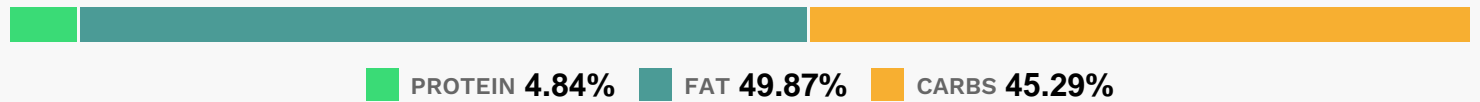
Combine the eggs and baking mix.

Mix in the milk and oil. Stir in the pudding and the chocolate chips.

Drop by teaspoonfuls onto the prepared baking sheet.

Bake at 350 degrees F (175 degrees C) for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:0.79, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.1878260641318%

Nutrients (% of daily need)

Calories: 98.02kcal (4.9%), Fat: 5.43g (8.35%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.36g (3.77%), Sugar: 6.74g (7.49%), Cholesterol: 7.68mg (2.56%), Sodium: 94.37mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.19g (2.37%), Manganese: 0.12mg (5.87%), Phosphorus: 55.03mg (5.5%), Copper: 0.1mg (5.18%), Magnesium: 14.98mg (3.74%), Iron: 0.65mg (3.6%), Vitamin K: 3.66µg (3.49%), Fiber: 0.73g (2.92%), Selenium: 1.65µg (2.36%), Vitamin B2: 0.04mg (2.23%), Vitamin B1: 0.03mg (2.22%), Calcium: 17.96mg (1.8%), Folate: 7.11µg (1.78%), Zinc: 0.26mg (1.76%), Potassium: 57.84mg (1.65%), Vitamin B3: 0.29mg (1.47%), Vitamin E: 0.2mg (1.3%), Vitamin B12: 0.06µg (1.05%), Vitamin B5: 0.1mg (1.04%)