



Raisin Crunch Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



155 kcal

DESSERT

Ingredients

- 1 tsp baking soda
- 0.8 cup firmly brown sugar packed
- 0.5 cup butter (1 stick)
- 1 tsp calumet baking powder
- 1 eggs
- 1.3 cups baker's angel flake coconut
- 1.3 cups flour
- 0.5 cup granulated sugar

- 0.5 cup quick-cooking oats
- 1 cup raisin bran cereal
- 0.5 cup raisins
- 1 tsp vanilla

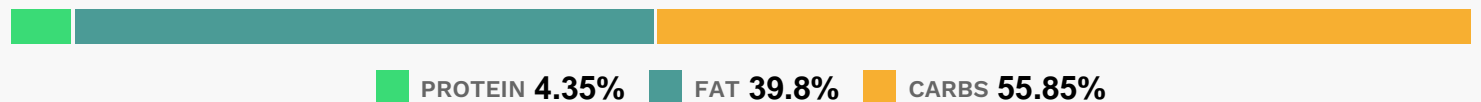
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Preheat oven to 350F.
- Mix flour, baking powder, baking soda and oats; set aside. Beat butter and sugars in large bowl with electric mixer on medium speed until light and fluffy.
- Add egg and vanilla; mix well. Gradually add flour mixture, beating until well blended after each addition.
- Add cereal, coconut and raisins; stir until well blended.
- Drop heaping teaspoonfuls of dough, 2 inches apart, onto ungreased baking sheets.
- Bake 14 to 16 min. or until lightly browned. Cool on baking sheets 3 to 4 min.; remove to wire racks. Cool completely. Store in tightly covered container at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.12, Glycemic Load:8.48, Inflammation Score:-2, Nutrition Score:3.6791304090749%

Nutrients (% of daily need)

Calories: 155.4kcal (7.77%), Fat: 7.12g (10.95%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 20.87g (7.59%), Sugar: 12.03g (13.37%), Cholesterol: 16.99mg (5.66%), Sodium: 121.57mg (5.29%),

Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Protein: 1.75g (3.5%), Manganese: 0.33mg (16.55%), Iron: 1.16mg (6.46%), Selenium: 4.48µg (6.4%), Fiber: 1.6g (6.4%), Folate: 22.35µg (5.59%), Vitamin B1: 0.08mg (5.47%), Phosphorus: 44.1mg (4.41%), Vitamin B2: 0.07mg (4.25%), Magnesium: 16.02mg (4.01%), Copper: 0.07mg (3.74%), Vitamin B3: 0.68mg (3.4%), Vitamin A: 159.33IU (3.19%), Potassium: 88.07mg (2.52%), Calcium: 25.02mg (2.5%), Vitamin B6: 0.05mg (2.47%), Zinc: 0.32mg (2.12%), Vitamin B12: 0.09µg (1.43%), Vitamin B5: 0.12mg (1.25%), Vitamin E: 0.18mg (1.18%)