Ranger Cookies I

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	36	173 kcal

DESSERT

Ingredients

- [ ] 0.5 teaspoon double-acting baking powder
- [ ] 1 teaspoon baking soda
- [ ] 1 cup brown sugar packed
- [ ] 1 cup coconut flakes flaked
- [ ] 2 cups rice cereal crisp
- [ ] 2 eggs
- [ ] 3 cups flour all-purpose
- [ ] 2 cups rolled oats

- [ ] 0.5 teaspoon salt
- [ ] 1 cup shortening
- [ ] 1 teaspoon vanilla extract
- [ ] 1 cup granulated sugar white

Equipment

- [ ] baking sheet
- [ ] oven

Directions

- [ ] Preheat oven to 375 degrees F (190 degrees C).
- [ ] Cream shortening, add sugar gradually.
- [ ] Add eggs and vanilla; beat until light and fluffy.
- [ ] Sift flour, baking soda, salt, and baking powder together and mix with the first mixture.
- [ ] Add oatmeal, rice cereal, and coconut.
- [ ] Mix well.
- [ ] Drop by tablespoons on slightly greased cookie sheet and bake for 12 minutes.

Nutrition Facts

PROTEIN **5.05%** FAT **40.28%** CARBS **54.67%**

Properties

Glycemic Index:7.7, Glycemic Load:10.68, Inflammation Score:-1, Nutrition Score:3.4821739044526%

Nutrients (% of daily need)

Calories: 173.34kcal (8.67%), Fat: 7.87g (12.11%), Saturated Fat: 2.92g (18.25%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 22.91g (8.33%), Sugar: 11.74g (13.05%), Cholesterol: 9.09mg (3.03%), Sodium: 75.47mg (3.28%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 2.22g (4.44%), Manganese: 0.3mg (15.23%), Selenium: 6.24µg (8.91%), Vitamin B1: 0.11mg (7.37%), Folate: 23.52µg (5.88%), Iron: 0.88mg (4.9%), Fiber: 1.14g (4.54%), Vitamin B2: 0.08mg (4.46%), Phosphorus: 42.11mg (4.21%), Vitamin B3: 0.73mg (3.63%), Vitamin K: 3.17µg (3.02%), Copper: 0.06mg (2.95%), Magnesium: 11.82mg (2.95%), Vitamin E: 0.41mg (2.74%), Zinc: 0.33mg (2.2%), Vitamin B5: 0.2mg (1.99%), Potassium: 53.27mg (1.52%), Calcium: 14.46mg (1.45%), Vitamin B6: 0.02mg (1.15%)