



Ranger Cookies II

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



82 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup flake cereal whole wheat
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup coconut or flaked
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup rolled oats

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

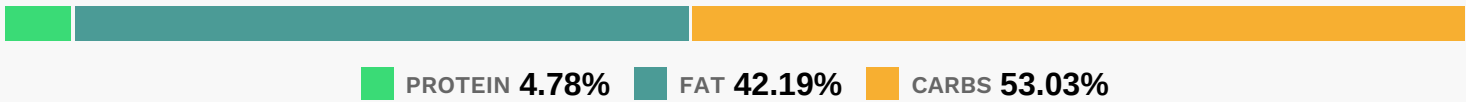
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream shortening with sugars. Beat in egg and vanilla.
- ☐ Mix together dry ingredients and stir into wet mix.
- ☐ Place by heaping spoonfuls on an ungreased baking sheet.
- ☐ Bake at 375 degrees F (190 degrees C) for 10 minutes.
- ☐ Remove immediately to cool.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:4.88, Inflammation Score:-1, Nutrition Score:2.109130423516%

Nutrients (% of daily need)

Calories: 82.01kcal (4.1%), Fat: 3.94g (6.06%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 10.42g (3.79%), Sugar: 6.07g (6.75%), Cholesterol: 4.55mg (1.52%), Sodium: 43.67mg (1.9%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 1g (2.01%), Manganese: 0.18mg (9%), Selenium: 3.06µg (4.37%), Folate: 15.2µg (3.8%), Iron: 0.66mg (3.65%), Vitamin B1: 0.05mg (3.59%), Fiber: 0.72g (2.87%), Vitamin B2: 0.04mg (2.56%), Phosphorus: 23.56mg (2.36%), Vitamin B3: 0.43mg (2.14%), Magnesium: 7.92mg (1.98%), Copper: 0.03mg (1.57%), Vitamin K: 1.59µg (1.52%), Vitamin B6: 0.03mg (1.48%), Vitamin E: 0.21mg (1.42%), Zinc: 0.2mg (1.35%), Vitamin B12: 0.07µg (1.11%), Vitamin B5: 0.1mg (1.02%)