



Salted Peanut Cookies

 Dairy Free

READY IN



105 min.

SERVINGS



5

CALORIES



1225 kcal

DESSERT

Ingredients

- ☐ 2 cups brown sugar packed
- ☐ 1 cup shortening
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups oats
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda

- ☐ 1 cup corn flakes/bran flakes
- ☐ 1 cup roasted peanuts salted

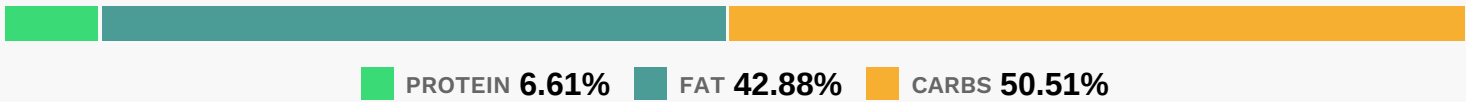
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix brown sugar, shortening, vanilla and eggs in large bowl. Stir in flour, oats, baking powder and baking soda. Stir in cereal and peanuts.
- ☐ Shape dough by rounded teaspoonfuls into balls.
- ☐ Place about 2 inches apart on ungreased cookie sheet. Flatten slightly with greased bottom of glass dipped in sugar.
- ☐ Bake 10 to 12 minutes or until set. Cool 1 minute; remove from cookie sheet to wire rack.

Nutrition Facts



Properties

Glycemic Index:55.85, Glycemic Load:38.87, Inflammation Score:-8, Nutrition Score:28.468695474708%

Nutrients (% of daily need)

Calories: 1224.96kcal (61.25%), Fat: 59.77g (91.95%), Saturated Fat: 13.48g (84.23%), Carbohydrates: 158.42g (52.81%), Net Carbohydrates: 149.73g (54.45%), Sugar: 87.47g (97.19%), Cholesterol: 65.47mg (21.82%), Sodium: 527.61mg (22.94%), Alcohol: 0.28g (100%), Alcohol %: 0.13% (100%), Protein: 20.74g (41.48%), Manganese: 2.55mg (127.73%), Selenium: 39.18µg (55.96%), Folate: 201.18µg (50.3%), Vitamin B1: 0.75mg (50.24%), Vitamin B3: 9.13mg (45.63%), Iron: 7.65mg (42.53%), Phosphorus: 391.84mg (39.18%), Fiber: 8.69g (34.76%), Magnesium: 133.48mg (33.37%), Vitamin B2: 0.52mg (30.31%), Copper: 0.49mg (24.33%), Vitamin K: 22.78µg (21.69%), Vitamin E: 2.93mg (19.51%), Calcium: 187.49mg (18.75%), Zinc: 2.77mg (18.46%), Vitamin B5: 1.72mg (17.23%), Potassium: 582.81mg (16.65%), Vitamin B6: 0.33mg (16.59%), Vitamin B12: 0.56µg (9.28%), Vitamin A: 295.04IU (5.9%), Vitamin D: 0.62µg

(4.11%)