



## Smart Cookies

 Dairy Free

READY IN



20 min.

SERVINGS



36

CALORIES



163 kcal

DESSERT

## Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar
- 1.5 cups candy-coated chocolate pieces
- 2 eggs
- 2.5 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup shortening
- 2 teaspoons vanilla extract

0.5 cup sugar white

## Equipment

bowl

baking sheet

oven

wire rack

## Directions

Preheat the oven to 375 degrees F (190 degrees C).

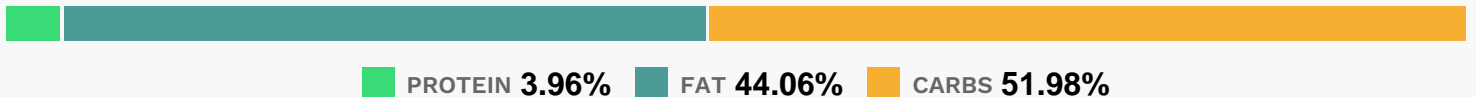
In a large bowl, cream together the shortening, brown sugar, and white sugar until light and fluffy.

Add the eggs one at a time, beating well with each addition, then stir in the vanilla.

Combine the flour, baking soda and salt; gradually stir into the creamed mixture. Finally, stir in the Smarties™. Drop by rounded spoonfuls onto the prepared cookie sheet.

Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:4.03, Glycemic Load:6.73, Inflammation Score:-1, Nutrition Score:1.8821739151102%

## Nutrients (% of daily need)

Calories: 163.49kcal (8.17%), Fat: 8.05g (12.38%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 20.89g (7.6%), Sugar: 14.18g (15.76%), Cholesterol: 10.39mg (3.46%), Sodium: 74.22mg (3.23%), Alcohol: 0.08g (100%), Alcohol %: 0.28% (100%), Protein: 1.63g (3.25%), Selenium: 3.78µg (5.4%), Vitamin B1: 0.07mg (4.69%), Folate: 17.1µg (4.27%), Iron: 0.6mg (3.34%), Manganese: 0.06mg (3.23%), Vitamin B2: 0.05mg (3.22%), Vitamin K: 3.06µg (2.92%), Vitamin B3: 0.52mg (2.61%), Vitamin E: 0.38mg (2.53%), Fiber: 0.47g (1.87%), Calcium: 17.93mg (1.79%), Phosphorus: 14.47mg (1.45%), Vitamin B5: 0.12mg (1.22%)