



Special Butterscotch Chip Cookies in a Jar

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



119 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.8 cup butterscotch chips
- ☐ 1 cup coconut or flaked
- ☐ 1 cup high protein rice and wheat cereal crisp
- ☐ 1.1 cups flour all-purpose
- ☐ 0.5 cup pecans chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar white

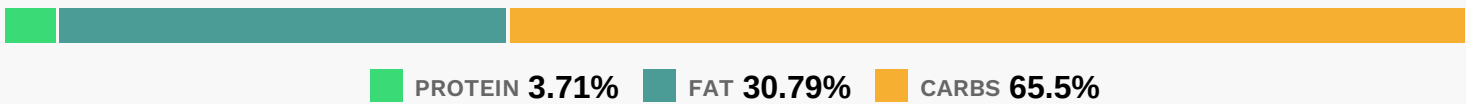
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ canning jar

Directions

- ☐ Layer the ingredients in the order given in a one quart wide mouth canning jar. Firmly pack each ingredient in place. It will be a tight fit, but all ingredients will fit in the jar. Use pinking shears to cut an 8 or 9 inch circle from gingham, calico, or a seasonal fabric.
- ☐ Empty jar of cookie mix into a large mixing bowl.
- ☐ Add 1/2 cup of butter or margarine, 1 egg, and 1/2 teaspoon of vanilla. Use hands to mix the wet and dry ingredients together. When completely blended, roll into large walnut sized balls.
- ☐ Place on unprepared cookie sheets and use the palm of your hand to flatten each cookie ball.
- ☐ Bake at 350 in a preheated oven for 8–10 minutes.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:6.16, Inflammation Score:-1, Nutrition Score:2.7156521794589%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 118.87kcal (5.94%), Fat: 4.19g (6.44%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 19.07g (6.93%), Sugar: 13.34g (14.82%), Cholesterol: 0.48mg (0.16%), Sodium: 84.07mg (3.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Manganese: 0.28mg (14.14%), Vitamin B1: 0.08mg (5.29%), Folate: 19.92µg (4.98%), Iron: 0.86mg (4.79%), Selenium: 3.06µg (4.37%), Fiber: 0.98g (3.9%), Copper: 0.07mg (3.47%), Vitamin B2: 0.06mg (3.24%), Vitamin B3: 0.61mg (3.04%), Zinc: 0.38mg (2.52%), Phosphorus: 22.73mg (2.27%), Vitamin B6: 0.04mg (2.03%), Magnesium: 7.99mg (2%), Calcium: 14.07mg (1.41%), Potassium: 43.28mg (1.24%), Vitamin B12: 0.06µg (1.05%)