



## St. Patrick's Day Zucchini-Oatmeal Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



107 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup cereal
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup cooking oats quick
- ☐ 2 cups semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract

- ☐ 0.8 cup sugar white
- ☐ 1.5 cups zucchini grated

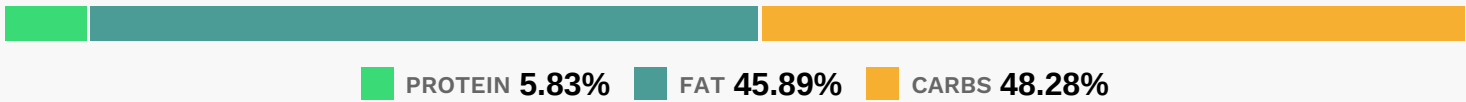
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream butter and sugar until fluffy. Stir in the egg and vanilla, mix well, then stir in the shredded zucchini. Sift together the flour, baking soda and cinnamon, stir into the zucchini mixture. Finally, stir in the oats, granola and chocolate chips.
- ☐ Drop dough from a teaspoon onto an unprepared cookie sheet. Leave at least 2 inches between cookies.
- ☐ Bake for 10 to 12 minutes in the preheated oven. The cookies will stay soft and moist because of the zucchini.

## Nutrition Facts



## Properties

Glycemic Index:5.84, Glycemic Load:5, Inflammation Score:-2, Nutrition Score:2.8813043376026%

## Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 106.96kcal (5.35%), Fat: 5.51g (8.48%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 11.99g (4.36%), Sugar: 6.53g (7.26%), Cholesterol: 8.94mg (2.98%), Sodium: 29.97mg (1.3%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.58g (3.15%), Manganese: 0.28mg (14.07%), Copper: 0.12mg (5.8%), Magnesium: 21.82mg (5.45%), Iron: 0.88mg (4.89%), Selenium: 3.3µg (4.72%), Phosphorus: 42.81mg (4.28%), Fiber: 1.06g (4.23%), Vitamin B1: 0.05mg (3.49%), Folate: 9.99µg (2.5%), Zinc: 0.36mg (2.39%), Vitamin B2: 0.04mg (2.29%), Potassium: 74.86mg (2.14%), Vitamin B3: 0.35mg (1.76%),

Vitamin A: 75.66IU (1.51%), Vitamin E: 0.23mg (1.51%), Calcium: 10.37mg (1.04%), Vitamin K: 1.07µg (1.01%)