

Sunflower Cookies

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



94 kcal

DESSERT

Ingredients

- 0.5 cup canola oil
- 2 eggs
- 0.5 cup honey
- 0.3 teaspoon salt
- 1 cup sunflower seeds
- 1 teaspoon vanilla extract
- 1.5 cups flour whole wheat

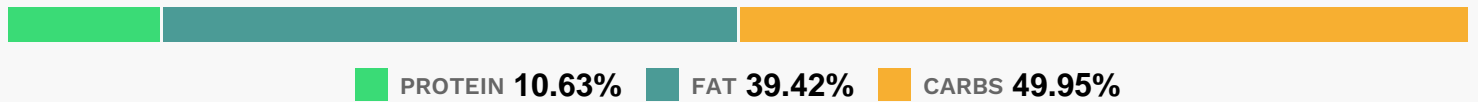
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, combine the oil, honey, eggs and vanilla.
- Combine the flour and salt; gradually add to honey mixture and mix well.(dough will be very soft). Stir in sunflower kernels.
- Drop by heaping teaspoonfuls 2 in. apart onto greased baking sheets.
- Bake at 350° for 10-12 minutes or until golden brown.
- Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:3.01, Glycemic Load:3.16, Inflammation Score:-2, Nutrition Score:4.9860869121292%

Nutrients (% of daily need)

Calories: 93.55kcal (4.68%), Fat: 4.34g (6.68%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 11.08g (4.03%), Sugar: 6.01g (6.68%), Cholesterol: 13.64mg (4.55%), Sodium: 30.38mg (1.32%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 2.63g (5.27%), Manganese: 0.42mg (21.05%), Vitamin E: 2.22mg (14.79%), Selenium: 8.78µg (12.54%), Vitamin B1: 0.12mg (8.12%), Magnesium: 29.02mg (7.26%), Phosphorus: 71.18mg (7.12%), Copper: 0.14mg (6.83%), Vitamin B6: 0.11mg (5.68%), Fiber: 1.3g (5.19%), Folate: 17.84µg (4.46%), Vitamin B3: 0.85mg (4.25%), Iron: 0.66mg (3.65%), Zinc: 0.54mg (3.58%), Vitamin B2: 0.05mg (3.05%), Potassium: 72.22mg (2.06%), Vitamin B5: 0.17mg (1.69%)