



Thicker Granola Cookies

READY IN



45 min.

SERVINGS



16

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups extra chocolate chips dark
- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 large eggs
- ☐ 9 ounces flour all-purpose
- ☐ 4 ounces cereal
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.8 teaspoon salt

- ☐ 12 tablespoons butter unsalted room temperature
- ☐ 1 teaspoon vanilla extract

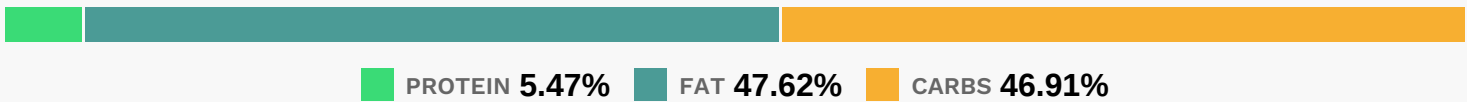
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 375 degrees F.In a food processor, grind the granola as fine as you can.In a mixing bowl, beat the butter and both sugars until creamy using an electric mixer.
- ☐ Add the egg and beat just until it is incorporated. Beat in the vanilla.In a separate bowl mix your flour, baking soda and salt. Stir into the sugar mixture gradually. When blended, stir in the ground granola, chocolate chips and nuts.Using a generously heaping tablespoon, shape dough into large balls about 2 inches in diameter Arrange on an ungreased baking sheet spacing about 3 inches apart. Press down slightly so that the tops are flat.
- ☐ Bake at 375 for 12 minutes (check at 1
- ☐ or until edges are lightly browned and cookies appear done.
- ☐ Let cool on baking sheet for about 3 minutes, then transfer to a wire rack to cool completely.Makes about 16

Nutrition Facts



Properties

Glycemic Index:9.69, Glycemic Load:13.18, Inflammation Score:-3, Nutrition Score:6.5447826398456%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 336.47kcal (16.82%), Fat: 18.02g (27.72%), Saturated Fat: 10.78g (67.36%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 38.17g (13.88%), Sugar: 20.34g (22.6%), Cholesterol: 34.37mg (11.46%), Sodium: 171.52mg (7.46%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 4.66g (9.32%), Manganese: 0.48mg (24.12%), Selenium: 8.82µg (12.61%), Vitamin B1: 0.19mg (12.55%), Folate: 37.74µg (9.43%), Vitamin B2: 0.15mg (8.55%), Iron: 1.46mg (8.12%), Phosphorus: 77.75mg (7.78%), Calcium: 72.14mg (7.21%), Fiber: 1.77g (7.07%), Zinc: 1.06mg (7.04%), Vitamin B3: 1.24mg (6.2%), Copper: 0.12mg (6.16%), Vitamin E: 0.87mg (5.81%), Vitamin A: 282.86IU (5.66%), Magnesium: 21.39mg (5.35%), Potassium: 181.84mg (5.2%), Vitamin B5: 0.33mg (3.35%), Vitamin B6: 0.05mg (2.66%), Vitamin K: 2.52µg (2.4%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)