



Whole Grain Chocolate Chip Cookies

 Dairy Free

READY IN



105 min.

SERVINGS



48

CALORIES



99 kcal

DESSERT

Ingredients

- 2 cups brown sugar packed
- 0.5 cup butter softened
- 0.5 cup vegetable oil
- 1 teaspoon vanilla
- 0.5 cup eggs fat-free
- 2 cups flour whole wheat
- 1.5 cups rolled oats
- 1 teaspoon double-acting baking powder

- 1 teaspoon baking soda
- 2 cups corn flakes/bran flakes honey nut clusters®
- 0.3 cup semisweet chocolate chips miniature

Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 350°F. In large bowl, beat brown sugar, butter, oil, vanilla and egg product with electric mixer on low speed until blended. With spoon, stir in flour, oats, baking powder and baking soda until well mixed. Stir in cereal and chocolate chips.
- On ungreased cookie sheets, drop dough by rounded tablespoonfuls about 2 inches apart.
- Bake 13 to 15 minutes or until set. Cool 1 minute; remove from cookie sheets to cooling rack.

Nutrition Facts



Properties

Glycemic Index:4.26, Glycemic Load:1.35, Inflammation Score:-2, Nutrition Score:3.520434766117%

Nutrients (% of daily need)

Calories: 98.96kcal (4.95%), Fat: 3.4g (5.22%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 15.17g (5.52%), Sugar: 9.72g (10.8%), Cholesterol: 9.49mg (3.16%), Sodium: 69.48mg (3.02%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.59g (3.17%), Manganese: 0.38mg (18.89%), Selenium: 5.69µg (8.13%), Iron: 0.95mg (5.28%), Fiber: 1.19g (4.78%), Phosphorus: 46.68mg (4.67%), Magnesium: 17.56mg (4.39%), Vitamin B1: 0.06mg (4%), Folate: 15.43µg (3.86%), Copper: 0.06mg (3.02%), Vitamin B6: 0.06mg (3%), Vitamin B3: 0.58mg (2.89%), Vitamin B2: 0.05mg (2.86%), Vitamin A: 140.98IU (2.82%), Zinc: 0.37mg (2.49%), Calcium: 19.16mg (1.92%), Vitamin B12: 0.11µg (1.84%), Potassium: 60.01mg (1.71%), Vitamin E: 0.2mg (1.36%), Vitamin B5: 0.13mg (1.3%), Vitamin K: 1.1µg (1.05%)