

Wookie Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



99 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup butter
- 1 cup rice cereal crisp
- 1.5 cups flour all-purpose
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped
- 1 cup sugar white

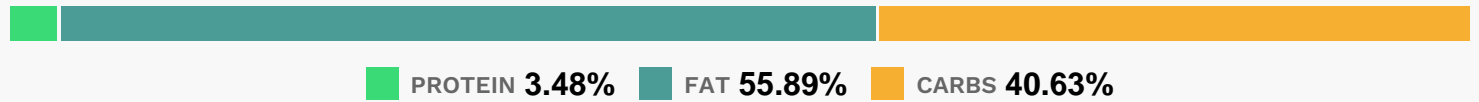
Equipment

- baking sheet
- oven

Directions

- Cream margarine and sugar together. Without sifting add remaining ingredients and mix well.
- Chill dough for 1/2 hour.
- Shape into balls and press firmly with a fork.
- Bake on ungreased cookie sheets for 10 to 15 minutes at 325 degrees F (165 degrees C).

Nutrition Facts



Properties

Glycemic Index:8.53, Glycemic Load:6.79, Inflammation Score:-1, Nutrition Score:1.3947826156636%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 98.52kcal (4.93%), Fat: 6.25g (9.61%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 9.96g (3.62%), Sugar: 5.62g (6.24%), Cholesterol: 13.56mg (4.52%), Sodium: 61.86mg (2.69%), Alcohol: 0.04g (100%), Alcohol %: 0.25% (100%), Protein: 0.88g (1.75%), Manganese: 0.09mg (4.57%), Vitamin B1: 0.05mg (3.27%), Vitamin A: 157.9IU (3.16%), Folate: 12.11µg (3.03%), Selenium: 2µg (2.85%), Vitamin B2: 0.03mg (1.93%), Copper: 0.04mg (1.75%), Iron: 0.31mg (1.74%), Vitamin B3: 0.35mg (1.74%), Phosphorus: 14.6mg (1.46%), Vitamin E: 0.16mg (1.08%), Fiber: 0.26g (1.03%), Magnesium: 4.02mg (1.01%)