



Xocai Oatmeal Dark Chocolate No-Bake Cookies

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



265 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 1 chocolate chopped
- 3 cups rolled oats
- 2 cup peanut butter
- 0.5 cup soymilk
- 2 cups sugar substitute
- 1 tsp vanilla

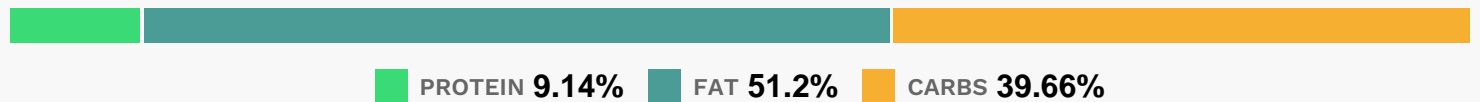
Equipment

- sauce pan
- aluminum foil
- wax paper

Directions

- Combine the first four ingredient in a medium sauce pan.
- Heat mixture until it boils. Boils for 5 minutes, stirring constantly.
- Remove from heat and stir in remaining ingredients.
- Add the Nuggets last. Drop by spoonful onto wax paper or foil. Cookies will harden as they cool. Makes 24 cookies

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:10.78, Inflammation Score:-4, Nutrition Score:6.9739130434783%

Taste

Sweetness: 100%, Saltiness: 1.5%, Sourness: 0.53%, Bitterness: 0.87%, Savoriness: 0%, Fattiness: 96.29%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 265.4kcal (13.27%), Fat: 15.95g (24.54%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 27.8g (9.26%), Net Carbohydrates: 25.66g (9.33%), Sugar: 16.49g (18.32%), Cholesterol: 0mg (0%), Sodium: 140.1mg (6.09%), Protein: 6.41g (12.82%), Manganese: 0.69mg (34.46%), Vitamin B3: 3.14mg (15.72%), Vitamin E: 2.27mg (15.17%), Magnesium: 51.8mg (12.95%), Phosphorus: 117.25mg (11.73%), Fiber: 2.14g (8.56%), Copper: 0.14mg (7.14%), Zinc: 0.94mg (6.3%), Vitamin B6: 0.12mg (5.9%), Folate: 23.39µg (5.85%), Selenium: 3.96µg (5.65%), Vitamin B1: 0.08mg (5.34%), Potassium: 171.18mg (4.89%), Iron: 0.86mg (4.77%), Vitamin B2: 0.07mg (4.19%), Vitamin A: 188.48IU (3.77%), Vitamin B5: 0.35mg (3.46%), Calcium: 24.41mg (2.44%)