



Absolutely Excellent Oatmeal Cookies

READY IN



120 min.

SERVINGS



84

CALORIES



96 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 cups brown sugar
- 3 eggs
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup raisins
- 2 cups rolled oats
- 0.5 teaspoon salt

- 1 cup semi chocolate chips
- 1 cup shortening
- 1 cup milk sour
- 1 teaspoon vanilla extract
- 1 cup walnuts chopped

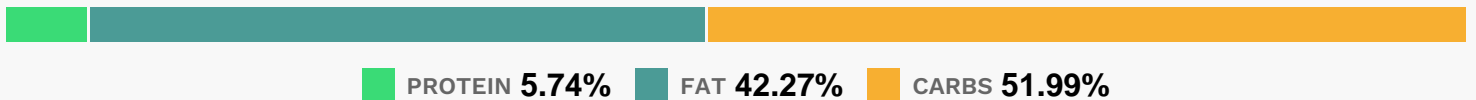
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, cream together the shortening and sugar until light and fluffy.
- Add the eggs one at a time, beating well with each addition, then stir in the vanilla and sour milk.
- Combine the flour, baking powder, baking soda, salt and cinnamon, gradually stir into the creamed mixture. Finally, stir in the rolled oats, and your choice of additions. Drop by rounded spoonfuls onto the prepared cookie sheets.
- Bake for 12 to 15 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.91, Glycemic Load:3.72, Inflammation Score:-1, Nutrition Score:2.2295652116122%

Flavonoids

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

Nutrients (% of daily need)

Calories: 95.88kcal (4.79%), Fat: 4.59g (7.06%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 12g (4.36%), Sugar: 6.09g (6.76%), Cholesterol: 6.32mg (2.11%), Sodium: 37.76mg (1.64%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 1.4g (2.81%), Manganese: 0.19mg (9.46%), Selenium: 2.93µg (4.19%), Vitamin B1: 0.05mg (3.6%), Copper: 0.07mg (3.59%), Iron: 0.58mg (3.24%), Phosphorus: 31.74mg (3.17%), Fiber: 0.71g (2.84%), Magnesium: 11.18mg (2.79%), Folate: 11µg (2.75%), Vitamin B2: 0.04mg (2.5%), Vitamin B3: 0.35mg (1.74%), Calcium: 16.73mg (1.67%), Potassium: 57.98mg (1.66%), Zinc: 0.24mg (1.59%), Vitamin K: 1.56µg (1.49%), Vitamin E: 0.2mg (1.34%), Vitamin B5: 0.11mg (1.15%), Vitamin B6: 0.02mg (1.1%)