

Aggression (Oatmeal) Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



106 kcal

DESSERT

Ingredients

- 1 tablespoon baking soda
- 3 cups brown sugar packed
- 3 cups butter
- 3 cups flour all-purpose
- 6 cups rolled oats

Equipment

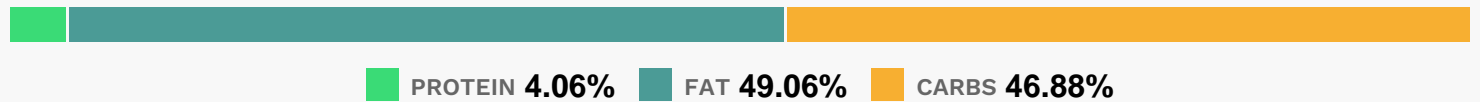
- bowl
- baking sheet

oven

Directions

- Put ingredients together in a bowl. For each child's bowl, use 1 cup oatmeal, 1/2 cup brown sugar, 1/2 cup butter or margarine, 1/2 cup of flour, and 1/2 teaspoon of baking soda.
- Then mash, knead, and squeeze with hands until there aren't any lumps of butter. Form into small balls not as big as a walnut. Put on ungreased cookie sheet. Butter the bottom of a small glass and dip in granulated sugar. Flatten each ball of dough, dipping glass in sugar each time.
- Bake at 350 degrees F (180 degrees C) for 10 to 12 minutes.
- Let cool on cookie rack.

Nutrition Facts



Properties

Glycemic Index:1.65, Glycemic Load:3.19, Inflammation Score:-1, Nutrition Score:1.9104347656602%

Nutrients (% of daily need)

Calories: 106kcal (5.3%), Fat: 5.88g (9.04%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 12.04g (4.38%), Sugar: 6.46g (7.18%), Cholesterol: 14.64mg (4.88%), Sodium: 78.84mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.19%), Manganese: 0.21mg (10.32%), Selenium: 2.82µg (4.04%), Vitamin B1: 0.05mg (3.48%), Vitamin A: 170.18IU (3.4%), Phosphorus: 25.89mg (2.59%), Iron: 0.43mg (2.38%), Fiber: 0.59g (2.37%), Folate: 8.69µg (2.17%), Magnesium: 8.27mg (2.07%), Vitamin B2: 0.03mg (1.67%), Vitamin B3: 0.29mg (1.43%), Zinc: 0.21mg (1.41%), Copper: 0.03mg (1.38%), Vitamin E: 0.18mg (1.2%), Calcium: 10.2mg (1.02%)