



Alice's Tea Cup Rooibos Oatmeal Butterscotch Chip Cookies

READY IN



33 min.

SERVINGS



24

CALORIES



412 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 3 cups butterscotch chips
- ☐ 1.5 teaspoons cinnamon
- ☐ 4 large eggs
- ☐ 13.5 ounces flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 6 cups cooking oats quick
- ☐ 4 teaspoons rooibos phoenix tea leaves red

- ☐ 2.5 cups sugar
- ☐ 24 tablespoons butter unsalted room temperature (mine was very cool)

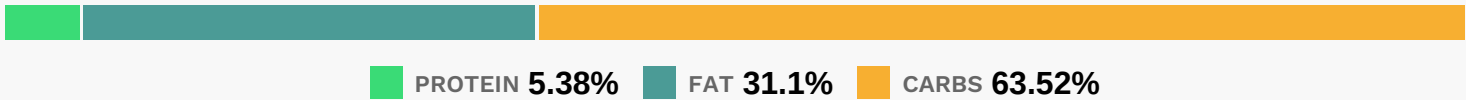
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 375 degrees F. and line two baking sheets with parchment paper or nonstick foil.Steep the tea in 1/4 cup boiling water for 7 minutes. Discard leaves (or bags).
- ☐ Let cool and chill.With an electric mixer, cream the butter and sugar in a large bowl.
- ☐ Add the cooled tea and the eggs and beat until smooth.In a separate bowl, mix together the flour, baking soda, cinnamon and salt.
- ☐ Add to sugar mixture and stir until incorporated. Use a spatula or spoon to stir in the oats and chips.Drop heaping (and by heaping, they mean about 1/3 cup, apparently) tablespoons of dough onto the baking sheets. Press down slightly.
- ☐ Bake for 15 to 18 minutes or until slightly browned.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:16.55, Inflammation Score:-5, Nutrition Score:8.7921738680452%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.67mg, Thearubigins: 0.67mg, Thearubigins: 0.67mg, Thearubigins: 0.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 412.07kcal (20.6%), Fat: 14.4g (22.15%), Saturated Fat: 8.14g (50.88%), Carbohydrates: 66.16g (22.05%), Net Carbohydrates: 63.76g (23.19%), Sugar: 38.14g (42.38%), Cholesterol: 63.01mg (21%), Sodium: 286.14mg (12.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.21%), Manganese: 1.02mg (50.85%), Selenium: 15.13µg (21.61%), Vitamin B1: 0.24mg (16.08%), Magnesium: 60.04mg (15.01%), Phosphorus: 130.43mg (13.04%), Iron: 1.92mg (10.66%), Folate: 40.05µg (10.01%), Fiber: 2.4g (9.61%), Vitamin B2: 0.15mg (8.79%), Vitamin A: 416.48IU (8.33%), Zinc: 0.91mg (6.06%), Vitamin B3: 1.12mg (5.61%), Copper: 0.11mg (5.44%), Vitamin E: 0.59mg (3.91%), Vitamin B5: 0.36mg (3.58%), Potassium: 112.03mg (3.2%), Vitamin D: 0.38µg (2.51%), Calcium: 24.61mg (2.46%), Vitamin B6: 0.04mg (2.1%), Vitamin K: 1.8µg (1.72%), Vitamin B12: 0.1µg (1.63%)