

Apple Cinnamon Oatmeal Cookie

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



41 kcal

DESSERT

Ingredients

- ☐ 1 cup apple cinnamon granola
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.5 teaspoon vanilla extract

☐ 0.3 cup sugar white

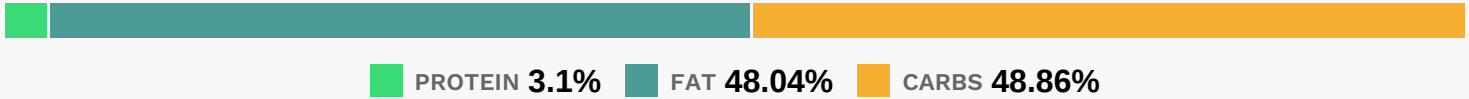
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix together granola, flour, brown sugar, shortening, white sugar, egg, salt, vanilla extract and baking soda together in a medium size mixing bowl.
- ☐ Mix until well blended.
- ☐ Drop by teaspoonfuls 1 1/2 inches apart on baking sheets.
- ☐ Bake for 12 to 15 minutes, or until golden brown. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:1.9, Inflammation Score:-1, Nutrition Score:0.51956521719694%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 41.49kcal (2.07%), Fat: 2.25g (3.46%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 5.03g (1.83%), Sugar: 3.55g (3.94%), Cholesterol: 3.41mg (1.14%), Sodium: 37.73mg (1.64%), Alcohol: 0.01g (100%), Alcohol %: 0.16% (100%), Protein: 0.33g (0.65%), Selenium: 0.98µg (1.4%), Vitamin K: 1.2µg (1.14%), Vitamin B1: 0.02mg (1.1%), Folate: 4.11µg (1.03%)