



## Apple Oatmeal Cookies I

 Dairy Free

READY IN



30 min.

SERVINGS



36

CALORIES



89 kcal

DESSERT

### Ingredients

- 1 cup apple without peel diced
- 1 teaspoon double-acting baking powder
- 2 eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 1 cup rolled oats
- 0.5 teaspoon salt

- 0.5 cup shortening
- 1 cup walnuts chopped
- 0.8 cup sugar white

## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, cream together the shortening and sugar. Beat in the eggs until well blended.
- Combine the flour, baking powder, cinnamon, nutmeg, and salt; stir into the sugar mixture until well blended. Fold in the walnuts, oats and apples. Drop dough by spoonfuls about 2 inches onto ungreased cookie sheets.
- Bake for 12 to 15 minutes in the preheated oven.
- Let cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:11.22, Glycemic Load:5.55, Inflammation Score:-1, Nutrition Score:2.1886956626954%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 89.28kcal (4.46%), Fat: 5.41g (8.32%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 8.7g (3.16%), Sugar: 4.65g (5.17%), Cholesterol: 9.09mg (3.03%), Sodium: 48.02mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Manganese: 0.23mg (11.45%), Selenium: 2.77µg (3.95%), Copper: 0.07mg (3.45%), Vitamin B1: 0.05mg (3.4%), Phosphorus: 31.98mg (3.2%), Folate: 11.54µg (2.88%), Fiber: 0.66g (2.63%), Magnesium: 9.59mg (2.4%), Iron: 0.42mg (2.34%), Vitamin B2: 0.04mg (2.26%), Vitamin K: 1.76µg (1.68%), Zinc: 0.24mg (1.61%), Vitamin E: 0.24mg (1.61%), Calcium: 13.68mg (1.37%), Vitamin B3: 0.27mg (1.36%), Vitamin B6: 0.03mg (1.35%), Vitamin B5: 0.12mg (1.18%)