



## Apple-Spice-Oatmeal Cookies

 Dairy Free

READY IN



85 min.

SERVINGS



36

CALORIES



160 kcal

DESSERT

### Ingredients

- ☐ 2 cups powdered sugar
- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup shortening
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 cup brown sugar packed
- ☐ 2 eggs

- ☐ 1 teaspoon vanilla
- ☐ 2 cups rolled oats
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups flour all-purpose
- ☐ 2 cups apples peeled chopped
- ☐ 1 cup walnut pieces coarsely chopped
- ☐ 0.3 cup frangelico

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

## Directions

- ☐ Heat oven to 350°F. In small bowl, stir glaze ingredients until smooth and thin enough to drizzle. Cover; set aside.
- ☐ In large bowl, beat 1/2 cup butter, the shortening, 1/2 cup granulated sugar and the brown sugar with electric mixer on medium speed until thoroughly mixed. Beat in eggs and 1 teaspoon vanilla until well blended. Beat in oats, cinnamon, nutmeg, baking soda and flour, scraping side and bottom of bowl once, just until blended. Stir in apples and walnuts.
- ☐ On ungreased cookie sheets, drop dough by rounded tablespoonfuls (scant 1/4 cup) about 2 inches apart.
- ☐ Bake 13 to 17 minutes or until edges are golden brown and centers are set. Cool 2 minutes; remove from cookie sheets to cooling racks. Using spoon, drizzle about 1 teaspoon glaze onto each warm cookie. Cool completely, about 10 minutes.

## Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:6.16, Inflammation Score:-2, Nutrition Score:3.1130435350149%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 160.21kcal (8.01%), Fat: 7.32g (11.25%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 21.47g (7.81%), Sugar: 14.65g (16.28%), Cholesterol: 9.09mg (3.03%), Sodium: 72.98mg (3.17%), Alcohol: 0.08g (100%), Alcohol %: 0.23% (100%), Protein: 2g (4%), Manganese: 0.33mg (16.37%), Selenium: 4.09µg (5.84%), Vitamin B1: 0.08mg (5.04%), Phosphorus: 42.14mg (4.21%), Copper: 0.08mg (4.19%), Fiber: 1.02g (4.06%), Folate: 15.62µg (3.91%), Iron: 0.62mg (3.46%), Magnesium: 13.78mg (3.44%), Vitamin B2: 0.05mg (3.18%), Vitamin A: 158.39IU (3.17%), Zinc: 0.34mg (2.26%), Vitamin B3: 0.41mg (2.05%), Vitamin E: 0.29mg (1.96%), Vitamin B6: 0.03mg (1.68%), Potassium: 55.62mg (1.59%), Vitamin B5: 0.15mg (1.53%), Calcium: 13.82mg (1.38%), Vitamin K: 1.13µg (1.07%)