



## Applesauce Oatie Cookies

READY IN



30 min.

SERVINGS



60

CALORIES



93 kcal

DESSERT

### Ingredients

- 0.8 cup apple sauce
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 0.5 cup butter softened
- 1 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg

- 1.8 cups cooking oats quick
- 1 cup raisins
- 1 teaspoon salt
- 1 cup semi-sweet chocolate chips
- 1 cup walnuts chopped
- 0.5 cup sugar white

## Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets. In a medium bowl, stir together the quick oats, flour, baking powder, baking soda, salt, cinnamon and nutmeg, set aside.
- In a large bowl, cream together the butter, brown sugar and white sugar until smooth. Beat in the egg and applesauce. Stir the oatmeal mixture into the batter until well blended then fold in the chocolate chips, raisins and walnuts. Drop by rounded spoonfuls onto the prepared cookie sheets.
- Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:8.43, Glycemic Load:4.86, Inflammation Score:-1, Nutrition Score:2.3269565283604%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## **Nutrients (% of daily need)**

Calories: 93.39kcal (4.67%), Fat: 4.21g (6.48%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 12.46g (4.53%), Sugar: 6.68g (7.42%), Cholesterol: 6.97mg (2.32%), Sodium: 79.52mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Manganese: 0.24mg (12.22%), Copper: 0.09mg (4.57%), Magnesium: 16.63mg (4.16%), Selenium: 2.53µg (3.61%), Fiber: 0.89g (3.56%), Iron: 0.62mg (3.42%), Phosphorus: 34.07mg (3.41%), Vitamin B1: 0.05mg (3.26%), Folate: 9µg (2.25%), Vitamin B2: 0.03mg (1.9%), Potassium: 65.74mg (1.88%), Zinc: 0.25mg (1.69%), Vitamin B3: 0.29mg (1.43%), Calcium: 14.33mg (1.43%), Vitamin B6: 0.02mg (1.17%), Vitamin A: 54.08IU (1.08%)