



Apricot Oatmeal Cookies

 Dairy Free

READY IN



80 min.

SERVINGS



72

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 0.7 cup granulated sugar
- ☐ 0.7 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon double-acting baking powder

- ☐ 0.5 teaspoon salt
- ☐ 2 eggs
- ☐ 3 cups oats
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup apricot dried chopped
- ☐ 0.5 cup pecans finely chopped

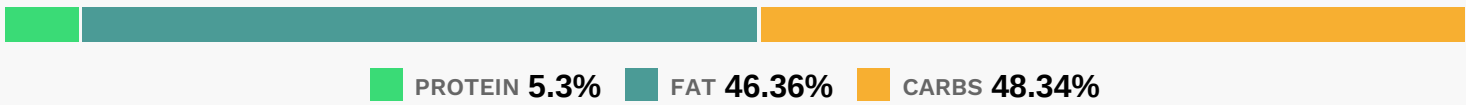
Equipment

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

Directions

- ☐ Heat oven to 375°F. In large bowl, beat all ingredients except oats, flour, apricots and pecans with electric mixer on medium speed until creamy, or mix with spoon. Stir in all remaining ingredients.
- ☐ Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet.
- ☐ Bake cookies 8 to 10 minutes or until edges are brown and centers are soft. Cool 1 to 2 minutes; remove from cookie sheet to wire rack.

Nutrition Facts



Properties

Glycemic Index:4.87, Glycemic Load:3.8, Inflammation Score:-1, Nutrition Score:1.7191304466485%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg,

Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg,
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Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg,
Epigallocatechin 3–gallate: 0.02mg

Nutrients (% of daily need)

Calories: 68.13kcal (3.41%), Fat: 3.62g (5.56%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 8.48g (2.83%), Net
Carbohydrates: 7.93g (2.88%), Sugar: 4.64g (5.16%), Cholesterol: 4.55mg (1.52%), Sodium: 51.82mg (2.25%),
Alcohol: 0.02g (100%), Alcohol %: 0.16% (100%), Protein: 0.93g (1.86%), Manganese: 0.2mg (10.05%), Selenium:
2.21µg (3.15%), Magnesium: 11.26mg (2.82%), Vitamin B1: 0.04mg (2.53%), Phosphorus: 23.9mg (2.39%), Vitamin A:
112.3IU (2.25%), Fiber: 0.55g (2.2%), Iron: 0.34mg (1.87%), Vitamin E: 0.24mg (1.62%), Copper: 0.03mg (1.54%),
Folate: 5.17µg (1.29%), Vitamin B2: 0.02mg (1.25%), Zinc: 0.18mg (1.18%), Potassium: 38.07mg (1.09%)