



Best Whole Wheat-Oatmeal-Raisin Cookies

 Dairy Free

READY IN



55 min.

SERVINGS



36

CALORIES



131 kcal

DESSERT

Ingredients

- 0.8 cup granulated sugar
- 0.5 cup brown sugar packed
- 1 cup butter softened
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 1.5 teaspoons vanilla
- 2 eggs

- 3 cups oats
- 1.5 cups flour whole wheat
- 1 cup raisins

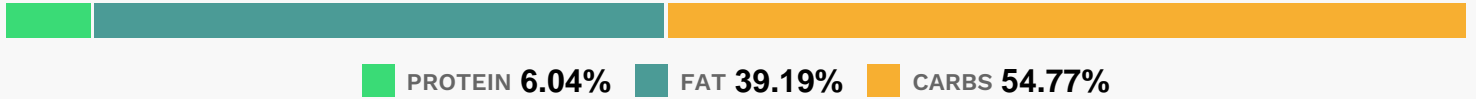
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 350°F. In large bowl, stir sugars, butter, baking soda, cinnamon, salt, vanilla and eggs with spoon until well blended. Stir in oats, flour and raisins.
- On ungreased cookie sheets, drop dough by rounded tablespoonfuls about 2 inches apart.
- Bake 9 to 11 minutes or until light brown. Cool 2 minutes; remove from cookie sheets.

Nutrition Facts



Properties

Glycemic Index:5.52, Glycemic Load:7.19, Inflammation Score:-3, Nutrition Score:3.8195651834426%

Nutrients (% of daily need)

Calories: 131.09kcal (6.55%), Fat: 5.93g (9.13%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 17.18g (6.25%), Sugar: 7.27g (8.08%), Cholesterol: 9.09mg (3.03%), Sodium: 127.98mg (5.56%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 2.06g (4.12%), Manganese: 0.52mg (25.88%), Selenium: 6.23µg (8.89%), Magnesium: 27.11mg (6.78%), Fiber: 1.47g (5.89%), Phosphorus: 58.27mg (5.83%), Vitamin A: 239.36IU (4.79%), Vitamin B1: 0.07mg (4.52%), Iron: 0.67mg (3.72%), Copper: 0.06mg (3.07%), Zinc: 0.39mg (2.58%), Potassium: 86.23mg (2.46%), Vitamin B2: 0.04mg (2.25%), Vitamin B6: 0.04mg (2.04%), Vitamin E: 0.31mg (2.03%), Vitamin B3: 0.36mg (1.78%), Folate: 5.73µg (1.43%), Vitamin B5: 0.13mg (1.27%), Calcium: 12.44mg (1.24%)