



Beth's Spicy Oatmeal Raisin Cookies



Vegetarian



Popular

READY IN



50 min.

SERVINGS



36

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup butter shortening flavored
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 cup brown sugar light packed

- ☐ 1 cup raisins
- ☐ 3 cups rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

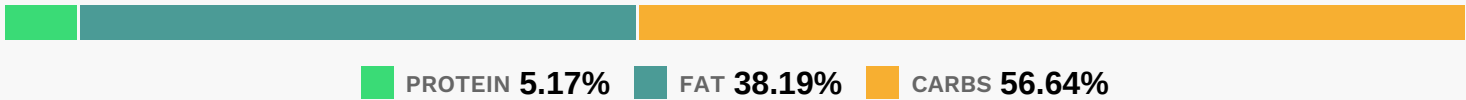
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, cream together the butter, butter flavored shortening, brown sugar, white sugar, eggs, and vanilla until smooth.
- ☐ Combine the flour, baking soda, cinnamon, cloves, and salt; stir into the sugar mixture. Stir in the oats and raisins. Drop by rounded teaspoonfuls onto ungreased cookie sheets.
- ☐ Bake 10 to 12 minutes until light and golden. Do not overbake.
- ☐ Let them cool for 2 minutes before removing from cookie sheets to cool completely. Store in airtight container. Make sure you get some, because they don't last long!

Nutrition Facts



Properties

Glycemic Index:8.3, Glycemic Load:8.07, Inflammation Score:-1, Nutrition Score:3.0756521458211%

Nutrients (% of daily need)

Calories: 142.21kcal (7.11%), Fat: 6.16g (9.48%), Saturated Fat: 2.5g (15.63%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 19.43g (7.07%), Sugar: 8.81g (9.79%), Cholesterol: 15.87mg (5.29%), Sodium: 90.02mg (3.91%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.88g (3.75%), Manganese: 0.32mg (16.15%), Selenium:

4.62µg (6.6%), Vitamin B1: 0.08mg (5.22%), Fiber: 1.14g (4.54%), Phosphorus: 42.26mg (4.23%), Iron: 0.73mg (4.06%), Vitamin B2: 0.06mg (3.32%), Folate: 13.13µg (3.28%), Magnesium: 12.7mg (3.18%), Copper: 0.05mg (2.57%), Vitamin B3: 0.44mg (2.2%), Zinc: 0.33mg (2.19%), Potassium: 76.27mg (2.18%), Vitamin E: 0.31mg (2.06%), Vitamin K: 1.95µg (1.86%), Vitamin A: 92.2IU (1.84%), Vitamin B5: 0.17mg (1.69%), Calcium: 13.44mg (1.34%), Vitamin B6: 0.02mg (1.18%)