



Big Fat Oatmeal Raisin Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



437 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 9 oz king arthur bread flour chilled
- ☐ 6 oz lightly brown sugar — if you don't have a scale packed
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 large eggs cold lightly beaten
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 teaspoon kosher salt fine

- ☐ 1 cup old fashioned oats
- ☐ 1 cup baking raisins
- ☐ 8 oz butter unsalted european style very cold chopped (I used Central Market brand E.S.)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts toasted coarsely chopped

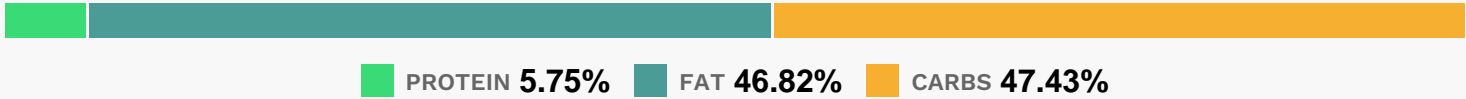
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ stand mixer
- ☐ baking spatula

Directions

- ☐ Preheat oven to 375 degrees F. If you are using convection, preheat to 350 F convection. If you plan on chilling the dough, skip this step. In the bowl of a stand mixer fitted with a paddle, beat the cold butter until creamy.
- ☐ Add the sugar and continue to beat until it is mixed in. Gradually add the eggs and vanilla and continue beating with the paddle on medium until mixed, scraping sides of bowl once or twice. The coolness from the eggs may make little bits of butter firm up again so the creamy mixture may appear lumpy. Meanwhile, in a separate bowl, mix the cold flour, salt, baking soda, baking powder and cinnamon. With the mixer on medium-low (or by hand with a heavy duty rubber scraper), gradually add the flour mixture stirring just until mixed. Stir in the oatmeal, then stir in the raisins and nuts. Empty the batter onto a large flat surface and make sure all the ingredients are evenly incorporated. Instead of lumping it all together, keep it kind of loose. Divide into 10 or 12 raggedy pieces. The dough should be cold before you even put it in the refrigerator, but chilling the dough will help make the cookies taller. Arrange cookies (I recommend baking 1 or 2 first to nail down your time) on a heavy duty cookie sheet.
- ☐ Bake on center rack for 18 minutes at 375 or 16 minutes at 350F convection.
- ☐ Let cool for about 5 minutes on the cookie sheet, then remove and finish cooling on a rack. When cool, you can eat OR you can freeze the cookie and thaw them for a better texture.

Nutrition Facts



Properties

Glycemic Index:29.41, Glycemic Load:22.68, Inflammation Score:-4, Nutrition Score:8.0473913083906%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 436.51kcal (21.83%), Fat: 23.37g (35.95%), Saturated Fat: 10.72g (66.97%), Carbohydrates: 53.26g (17.75%), Net Carbohydrates: 50.57g (18.39%), Sugar: 22.54g (25.04%), Cholesterol: 71.63mg (23.88%), Sodium: 225.88mg (9.82%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 6.46g (12.91%), Manganese: 0.8mg (39.99%), Selenium: 13.91µg (19.88%), Copper: 0.27mg (13.67%), Phosphorus: 120.08mg (12.01%), Fiber: 2.69g (10.76%), Vitamin A: 519.8IU (10.4%), Magnesium: 36.48mg (9.12%), Iron: 1.37mg (7.62%), Vitamin B1: 0.1mg (6.61%), Potassium: 224.23mg (6.41%), Vitamin B2: 0.11mg (6.25%), Calcium: 60.82mg (6.08%), Folate: 23.72µg (5.93%), Zinc: 0.88mg (5.87%), Vitamin B6: 0.11mg (5.52%), Vitamin E: 0.71mg (4.72%), Vitamin B5: 0.4mg (3.97%), Vitamin D: 0.45µg (3%), Vitamin B3: 0.56mg (2.82%), Vitamin B12: 0.11µg (1.77%), Vitamin K: 1.82µg (1.74%)