



## Black Forest Oatmeal Cookies

READY IN



30 min.

SERVINGS



36

CALORIES



214 kcal

DESSERT

### Ingredients

- 1.7 cups flour
- 0.5 cup almonds sliced
- 6 ounce chocolate white coarsely chopped
- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar light packed
- 1 cup butter flavor shortening crisco®
- 0.8 cup cherries dried coarsely chopped
- 2 large eggs

- 1 cup granulated sugar
- 3 cups oats instant quick (not or old fashioned)
- 1 teaspoon salt
- 6 ounce bittersweet chocolate coarsely chopped
- 2 teaspoons vanilla extract

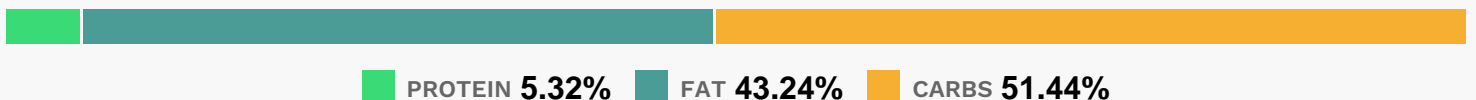
## Equipment

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

## Directions

- Heat oven to 375 degrees F.
- Combine shortening, brown sugar, sugar, eggs and vanilla in bowl of electric mixer; beat at medium speed until well blended.
- Combine flour, baking soda, salt and baking powder in medium bowl; add to shortening mixture at low speed until well blended. Stir in with spoon, one at a time, oats, white chocolate, semisweet chocolate, cherries and nuts.
- Drop rounded tablespoonfuls of dough 2 inches apart onto ungreased baking sheets.
- Bake 9 to 11 minutes or until set. Cool 2 minutes on baking sheets; transfer to cooling rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:10.61, Glycemic Load:11.63, Inflammation Score:-2, Nutrition Score:4.5952173742749%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

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

Calories: 213.98kcal (10.7%), Fat: 10.46g (16.1%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 26.43g (9.61%), Sugar: 17.51g (19.45%), Cholesterol: 11.61mg (3.87%), Sodium: 112.3mg (4.88%), Alcohol: 0.08g (100%), Alcohol %: 0.21% (100%), Caffeine: 4.06mg (1.35%), Protein: 2.9g (5.79%), Manganese: 0.43mg (21.39%), Selenium: 5.88µg (8.4%), Magnesium: 32.78mg (8.19%), Phosphorus: 70.92mg (7.09%), Fiber: 1.58g (6.31%), Vitamin B1: 0.09mg (6.09%), Iron: 1.09mg (6.03%), Copper: 0.11mg (5.69%), Vitamin E: 0.83mg (5.53%), Vitamin B2: 0.08mg (4.76%), Vitamin K: 4.04µg (3.85%), Folate: 15.01µg (3.75%), Zinc: 0.5mg (3.3%), Calcium: 32.15mg (3.22%), Vitamin B3: 0.53mg (2.64%), Potassium: 92.48mg (2.64%), Vitamin A: 108.44IU (2.17%), Vitamin B5: 0.21mg (2.12%), Vitamin B6: 0.02mg (1.13%)