



Blueberry Oatmeal Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



105 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup brown sugar
- 0.5 cup blueberries dried
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.8 cup old-fashioned rolled oats

- 0.3 teaspoon salt
- 0.5 cup butter unsalted softened
- 1 teaspoon vanilla extract
- 5 tablespoons sugar white

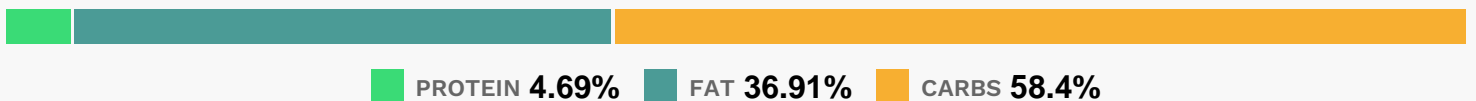
Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 2 baking sheets with parchment paper.
- Beat butter, brown sugar, and white sugar together with an electric mixer in a bowl until creamy and smooth, about 2 minutes.
- Add egg and vanilla extract; mix until incorporated.
- Whisk flour, cinnamon, baking soda, baking powder, and salt in a separate bowl; mix into butter mixture until just combined. Fold in oats and blueberries.
- Spoon dough, about 1 tablespoon per cookie, onto the prepared baking sheets about 2 inches apart.
- Bake 1 sheet at a time in the preheated oven until cookies are golden brown, about 12 minutes.
- Transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:5.22, Inflammation Score:-1, Nutrition Score:1.8899999882864%

Nutrients (% of daily need)

Calories: 104.51kcal (5.23%), Fat: 4.32g (6.64%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 14.52g (5.28%), Sugar: 8.76g (9.74%), Cholesterol: 16.99mg (5.66%), Sodium: 45.59mg (1.98%), Alcohol: 0.06g (100%), Alcohol %: 0.29% (100%), Protein: 1.24g (2.47%), Manganese: 0.15mg (7.31%), Selenium: 3.18µg (4.54%), Vitamin B1: 0.05mg (3.57%), Fiber: 0.86g (3.43%), Folate: 11.4µg (2.85%), Iron: 0.49mg (2.71%), Vitamin A: 128.33IU (2.57%), Vitamin B2: 0.04mg (2.37%), Phosphorus: 21.94mg (2.19%), Vitamin B3: 0.35mg (1.73%), Potassium: 50.18mg (1.43%), Magnesium: 5.45mg (1.36%), Calcium: 13.07mg (1.31%), Copper: 0.02mg (1.11%), Zinc: 0.16mg (1.07%)