



Blueberry Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



26

CALORIES



119 kcal

DESSERT

Ingredients

- ☐ 135 grams all purpose whole wheat white
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup blueberries fresh
- ☐ 0.8 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 215 grams brown sugar packed
- ☐ 1.5 cups quick-cooking oats instant (not)

- ☐ 0.5 teaspoon salt
- ☐ 114 grams butter unsalted room temperature
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup walnuts toasted

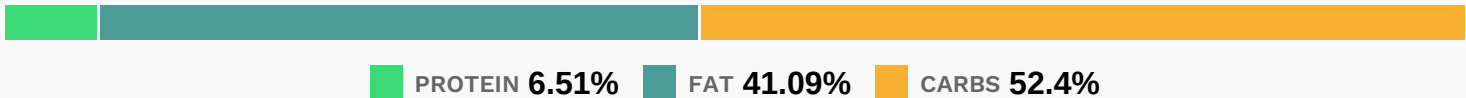
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F. Line two cookie sheets with parchment paper.
- ☐ Remove 1 teaspoon of flour from the 1 cup measure and set aside.
- ☐ Mix the remaining flour, cinnamon, salt, baking soda and baking powder together in a bowl; set aside. Beat the butter and brown sugar using high speed of an electric mixer until creamy. Beat in the vanilla, then add the egg and beat just until incorporated. Gradually add the flour mixture to batter, stirring just until absorbed. Then stir in oats and walnuts. Toss the frozen blueberries in the reserved teaspoon of flour and stir in the blueberries
- ☐ Carefully shape into balls (mine were a little over an inch) and space about 2 ½ inches apart on the parchment lined cookie sheets.
- ☐ Bake at 350 degrees for 12–15 minutes (check at 10).
- ☐ Let cool on cookie sheets for about 3 minutes, then transfer to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:8.54, Glycemic Load:2.1, Inflammation Score:-2, Nutrition Score:2.5456521938676%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Petunidin: 1.79mg, Petunidin: 1.79mg, Petunidin: 1.79mg, Petunidin: 1.79mg Delphinidin: 2.02mg, Delphinidin: 2.02mg, Delphinidin: 2.02mg, Delphinidin: 2.02mg Malvidin: 3.85mg, Malvidin: 3.85mg, Malvidin: 3.85mg, Malvidin: 3.85mg Peonidin: 1.15mg, Peonidin: 1.15mg, Peonidin: 1.15mg, Peonidin: 1.15mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 118.82kcal (5.94%), Fat: 5.63g (8.67%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 14.89g (5.41%), Sugar: 8.74g (9.72%), Cholesterol: 16.58mg (5.53%), Sodium: 75.63mg (3.29%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 2.01g (4.02%), Manganese: 0.31mg (15.68%), Fiber: 1.28g (5.11%), Magnesium: 17.65mg (4.41%), Phosphorus: 35.97mg (3.6%), Selenium: 2.44µg (3.49%), Copper: 0.06mg (3.13%), Iron: 0.52mg (2.9%), Vitamin A: 123.65IU (2.47%), Vitamin B1: 0.04mg (2.4%), Calcium: 20.08mg (2.01%), Zinc: 0.26mg (1.74%), Vitamin K: 1.64µg (1.56%), Potassium: 51.96mg (1.48%), Vitamin E: 0.2mg (1.36%), Vitamin B6: 0.03mg (1.33%), Folate: 5.16µg (1.29%), Vitamin B2: 0.02mg (1.28%)