



Blueberry-Walnut Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



100 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup blueberries dried
- 1 large eggs
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.8 cup brown sugar light packed
- 2.5 cups rolled oats
- 0.5 teaspoon salt

- 6 tablespoons butter unsalted softened
- 2 teaspoons vanilla extract
- 1 cup walnut pieces chopped

Equipment

- baking sheet
- oven
- knife
- blender
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking soda, and salt.
- Beat cream cheese and butter with a mixer at medium speed until fluffy.
- Add sugars, beating until blended.
- Add egg and vanilla, beating just until blended. Gradually add flour mixture to butter mixture, stirring just until combined. Fold in oats, blueberries, and walnuts. Drop by tablespoonfuls 2 inches apart onto baking sheets.
- Bake at 350 for 10 minutes or until lightly browned.
- Remove from pans, and cool completely on wire racks.

Nutrition Facts



PROTEIN 6.6% FAT 33.34% CARBS 60.06%

Properties

Glycemic Index:4.56, Glycemic Load:4.93, Inflammation Score:-1, Nutrition Score:2.5021739009282%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 99.66kcal (4.98%), Fat: 3.75g (5.76%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 14g (5.09%), Sugar: 7.79g (8.66%), Cholesterol: 8.15mg (2.72%), Sodium: 54.3mg (2.36%), Alcohol: 0.06g (100%), Alcohol %: 0.32% (100%), Protein: 1.67g (3.34%), Manganese: 0.28mg (14.2%), Fiber: 1.19g (4.74%), Selenium: 3.26µg (4.66%), Vitamin B1: 0.06mg (4.19%), Phosphorus: 34.77mg (3.48%), Copper: 0.07mg (3.4%), Iron: 0.57mg (3.18%), Folate: 12.23µg (3.06%), Magnesium: 11.76mg (2.94%), Vitamin B2: 0.04mg (2.22%), Zinc: 0.29mg (1.94%), Potassium: 66.07mg (1.89%), Vitamin B3: 0.33mg (1.66%), Vitamin B6: 0.02mg (1.19%), Calcium: 11.46mg (1.15%), Vitamin B5: 0.11mg (1.08%), Vitamin A: 53.17IU (1.06%)