



Bobbie's Oatmeal Cookies

READY IN



65 min.

SERVINGS



36

CALORIES



181 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup pecans chopped
- ☐ 1 cup raisins
- ☐ 3 cups rolled oats
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

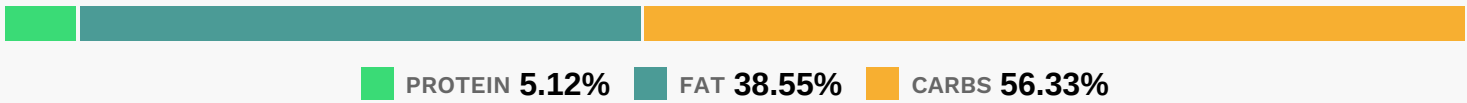
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together butter, brown sugar and white sugar until smooth. Beat in eggs and vanilla.
- ☐ Combine flour, baking soda, and salt; stir into the creamed mixture.
- ☐ Mix in the oats, chocolate chips, raisins, and pecans, one ingredient at a time. Drop by rounded spoonfuls onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:10.97, Inflammation Score:-2, Nutrition Score:3.9713043518688%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:

0.03mg

Nutrients (% of daily need)

Calories: 181.38kcal (9.07%), Fat: 7.94g (12.22%), Saturated Fat: 4.05g (25.34%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 24.63g (8.96%), Sugar: 12.56g (13.96%), Cholesterol: 22.8mg (7.6%), Sodium: 110.41mg (4.8%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 2.37g (4.74%), Manganese: 0.41mg (20.49%), Selenium: 5.52µg (7.88%), Vitamin B1: 0.1mg (6.81%), Fiber: 1.49g (5.96%), Iron: 1mg (5.56%), Phosphorus: 55.52mg (5.55%), Copper: 0.1mg (5.15%), Magnesium: 19.28mg (4.82%), Folate: 16.72µg (4.18%), Vitamin B2: 0.07mg (4.1%), Vitamin A: 172.87IU (3.46%), Zinc: 0.48mg (3.18%), Vitamin B3: 0.58mg (2.9%), Potassium: 98.8mg (2.82%), Vitamin B5: 0.18mg (1.81%), Calcium: 16.33mg (1.63%), Vitamin E: 0.24mg (1.6%), Vitamin B6: 0.03mg (1.41%)