



Brown Sugar Oatmeal Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



24

CALORIES



211 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 2 cups t brown sugar dark packed
- 1.5 cup flour all-purpose
- 3 cups rolled oats
- 1 teaspoon salt
- 1 cup butter salted softened
- 2 teaspoons vanilla extract
- 2 eggs whole

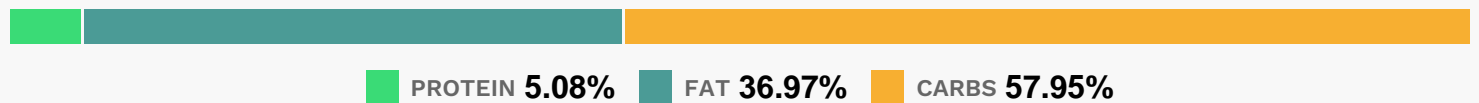
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Preheat the oven to 350 F. In the bowl of an electric mixer (or using a hand mixer) beat together the butter and brown sugar until fluffy. Beat in vanilla.
- Add eggs, one at a time, scraping the bowl after each one.
- Mix together the flour, salt, and baking soda in a medium sized bowl.
- Add it into the creamed mixture in 2 to 3 batches, mixing it until just combined.
- Mix in the oats until just combined. Use your preferred size cookie scoop (or a regular spoon) to drop portions of dough onto a lightly greased cookie sheet, spacing them a couple inches apart.
- Bake for 12–13 minutes or until dark and chewy. If you'd like a crispier cookie, just cook a little longer!
- Add 1/2 cup finely chopped nuts to the flour mixture if you'd like a nutty flavor and crunch.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:6.65, Inflammation Score:-2, Nutrition Score:4.2039130278256%

Nutrients (% of daily need)

Calories: 210.54kcal (10.53%), Fat: 8.76g (13.47%), Saturated Fat: 5.1g (31.88%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 29.65g (10.78%), Sugar: 17.97g (19.96%), Cholesterol: 33.98mg (11.33%), Sodium: 191.65mg (8.33%), Alcohol: 0.11g (100%), Alcohol %: 0.29% (100%), Protein: 2.71g (5.42%), Manganese: 0.44mg (21.75%), Selenium: 7.02µg (10.03%), Vitamin B1: 0.11mg (7.33%), Phosphorus: 60.27mg (6.03%), Iron: 0.99mg (5.5%), Vitamin A: 256.16IU (5.12%), Fiber: 1.23g (4.94%), Folate: 19.73µg (4.93%), Magnesium: 18.03mg (4.51%), Vitamin B2: 0.07mg

(4.39%), Zinc: 0.49mg (3.24%), Copper: 0.06mg (3.12%), Vitamin B3: 0.6mg (3.02%), Calcium: 26.08mg (2.61%),
Vitamin B5: 0.24mg (2.39%), Potassium: 77.28mg (2.21%), Vitamin E: 0.31mg (2.03%), Vitamin B6: 0.03mg (1.38%)