



## Brown Sugar Oatmeal Cookies

 Dairy Free

READY IN



55 min.

SERVINGS



48

CALORIES



105 kcal

DESSERT

### Ingredients

- 1.8 cups brown sugar packed
- 1 cup butter softened
- 1 teaspoon vanilla
- 2 eggs
- 1 cup flour all-purpose
- 1 cup flour whole wheat
- 1 teaspoon double-acting baking powder
- 3 cups rolled oats

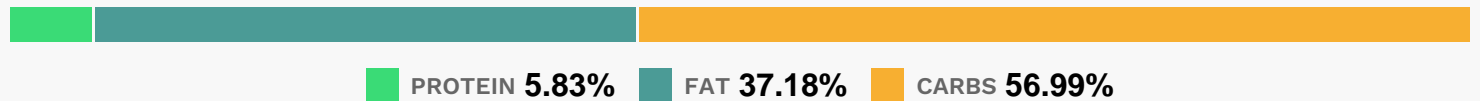
# Equipment

- bowl
- baking sheet
- oven
- hand mixer

# Directions

- Heat oven to 350°F. In large bowl, beat brown sugar and butter with electric mixer on medium speed, scraping bowl occasionally, until light and fluffy. Beat in vanilla and eggs until well blended.
- On low speed, beat in all-purpose flour, whole wheat flour and baking powder, scraping bowl occasionally, until well combined. Stir in oats.
- On ungreased cookie sheets, drop dough by heaping tablespoonfuls 2 inches apart. Flatten cookies to about 1/2-inch thickness.
- Bake 12 to 14 minutes or until light golden brown. Cool 1 minute; remove from cookie sheets to cooling racks.

# Nutrition Facts



# Properties

Glycemic Index:4.31, Glycemic Load:2.63, Inflammation Score:-2, Nutrition Score:2.6139130382596%

# Nutrients (% of daily need)

Calories: 104.57kcal (5.23%), Fat: 4.4g (6.77%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 14.33g (5.21%), Sugar: 7.86g (8.74%), Cholesterol: 6.82mg (2.27%), Sodium: 58.69mg (2.55%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.55g (3.1%), Manganese: 0.31mg (15.46%), Selenium: 4.55µg (6.5%), Phosphorus: 39.38mg (3.94%), Vitamin B1: 0.06mg (3.83%), Vitamin A: 179.29IU (3.59%), Fiber: 0.85g (3.4%), Magnesium: 12.11mg (3.03%), Iron: 0.52mg (2.91%), Folate: 8.48µg (2.12%), Vitamin B2: 0.04mg (2.06%), Zinc: 0.29mg (1.96%), Copper: 0.04mg (1.95%), Calcium: 17.88mg (1.79%), Vitamin B3: 0.35mg (1.73%), Vitamin E: 0.21mg (1.38%), Potassium: 45.53mg (1.3%), Vitamin B5: 0.13mg (1.26%), Vitamin B6: 0.02mg (1.16%)