



WHATSHATE



## Brown Sugar-Oatmeal Cookies



Dairy Free

READY IN



55 min.

SERVINGS



48

CALORIES



105 kcal

DESSERT

### Ingredients

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

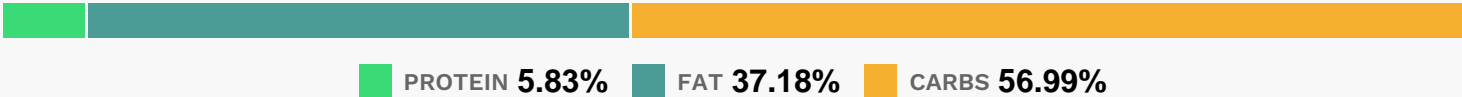
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

# Directions

- ☐ Heat oven to 350F. 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%)