



Brownie Oat Cookies

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



52 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup plus light
- 2 egg whites
- 0.7 cup flour all-purpose
- 1 cup cooking oats quick
- 0.3 teaspoon salt
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

0.7 cup sugar white

Equipment

bowl

baking sheet

oven

Directions

Spray cookie sheet with non-stick spray. Preheat oven to 350 degrees F (175 degrees C).

In a bowl, mix the flour, sugar, oats, cocoa powder, baking powder, and salt.

Mix in the egg whites, syrup, and vanilla. Drop by spoonfuls on the prepared cookie sheet.

Bake 10 minutes in the preheated oven.

Nutrition Facts



PROTEIN 7.69% **FAT 6.01%** **CARBS 86.3%**

Properties

Glycemic Index:10.7, Glycemic Load:6.26, Inflammation Score:-1, Nutrition Score:1.5939130484248%

Flavonoids

Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 51.65kcal (2.58%), Fat: 0.37g (0.57%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 11.24g (4.09%), Sugar: 7.44g (8.27%), Cholesterol: 0mg (0%), Sodium: 39.58mg (1.72%), Alcohol: 0.05g (100%), Alcohol %: 0.34% (100%), Protein: 1.06g (2.13%), Manganese: 0.17mg (8.63%), Selenium: 2.45µg (3.5%), Magnesium: 12.99mg (3.25%), Fiber: 0.68g (2.73%), Vitamin B1: 0.04mg (2.63%), Phosphorus: 25.62mg (2.56%), Copper: 0.05mg (2.56%), Iron: 0.41mg (2.26%), Vitamin B2: 0.03mg (1.71%), Folate: 6.33µg (1.58%), Zinc: 0.19mg (1.26%), Calcium: 11.45mg (1.14%), Vitamin B3: 0.21mg (1.05%)