



## Brownie Oatmeal Drops

 Vegetarian

READY IN



14 min.

SERVINGS



30

CALORIES



67 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 cup butter
- 2 large eggs
- 0.3 cup flour all-purpose
- 1 cup regular oats uncooked
- 0.1 teaspoon salt
- 1 cup sugar
- 1 ounce chocolate unsweetened chopped

- 0.5 cup cocoa unsweetened
- 2 teaspoons vanilla extract

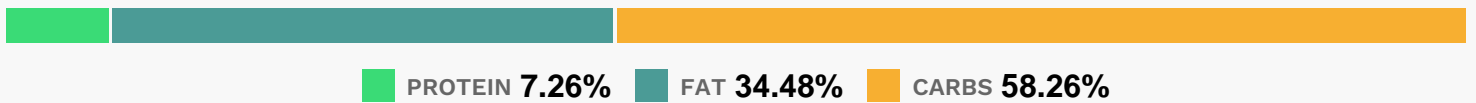
## Equipment

- bowl
- baking sheet
- oven
- microwave

## Directions

- Preheat oven to 35
- Microwave butter and chocolate in a small bowl at HIGH 35 seconds or until chocolate begins to melt. Stir chocolate mixture until smooth.
- Beat chocolate mixture, sugar, and next 3 ingredients in a large bowl until smooth.
- Combine oats, flour, baking powder, and salt; add to butter mixture, stirring just until blended. Drop by rounded teaspoonfuls 2 inches apart onto baking sheets coated with cooking spray.
- Bake at 350 for 8 to 9 minutes or until cookie centers are almost done. Cool 5 minutes on pans.
- Remove from pans; cool completely on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:10.9, Glycemic Load:5.87, Inflammation Score:-1, Nutrition Score:2.0830434664436%

## Flavonoids

Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 66.84kcal (3.34%), Fat: 2.75g (4.23%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 9.47g (3.44%), Sugar: 6.76g (7.52%), Cholesterol: 16.47mg (5.49%), Sodium: 34.45mg (1.5%), Alcohol: 0.09g (100%), Alcohol %: 0.63% (100%), Caffeine: 4.05mg (1.35%), Protein: 1.3g (2.61%), Manganese: 0.2mg (10.07%), Copper: 0.1mg (5%), Fiber: 0.99g (3.95%), Magnesium: 14.69mg (3.67%), Selenium: 2.5µg (3.57%), Phosphorus: 35.04mg (3.5%), Iron: 0.6mg (3.31%), Zinc: 0.34mg (2.27%), Vitamin B2: 0.03mg (1.83%), Vitamin B1: 0.02mg (1.64%), Potassium: 46.13mg (1.32%), Vitamin A: 65.27IU (1.31%), Folate: 5.12µg (1.28%), Calcium: 10.69mg (1.07%)