



## Cake Mix Oatmeal Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



76 kcal

DESSERT

### Ingredients

- 2 large eggs
- 1 cup pecans chopped
- 2 cups quick-cooking oats uncooked
- 1 cup sugar
- 1.5 teaspoons vanilla extract
- 1 cup vegetable oil
- 18.3 ounce duncan hines classic decadent cake mix yellow

### Equipment

- bowl
- baking sheet
- oven

## Directions

- Combine first 3 ingredients in a large bowl.
- Combine oil and eggs; add to dry ingredients, stirring well. Stir in pecans and vanilla.
- Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased baking sheets.
- Bake at 350 for 12 minutes or until lightly browned.
- Remove to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:2.42, Glycemic Load:3.37, Inflammation Score:-1, Nutrition Score:1.9600000123939%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 76.24kcal (3.81%), Fat: 2.63g (4.05%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 12.01g (4.37%), Sugar: 7.19g (7.99%), Cholesterol: 6.2mg (2.07%), Sodium: 65.27mg (2.84%), Alcohol: 0.03g (100%), Alcohol %: 0.2% (100%), Protein: 1.07g (2.13%), Manganese: 0.22mg (10.76%), Phosphorus: 47.45mg (4.74%), Vitamin B1: 0.05mg (3.15%), Magnesium: 10.57mg (2.64%), Selenium: 1.78µg (2.54%), Calcium: 21.71mg (2.17%), Fiber: 0.53g (2.13%), Iron: 0.38mg (2.12%), Vitamin B2: 0.03mg (1.99%), Folate: 7.91µg (1.98%), Copper: 0.04mg (1.98%), Vitamin K: 1.74µg (1.66%), Zinc: 0.21mg (1.43%), Vitamin E: 0.2mg (1.34%), Vitamin B3: 0.24mg (1.22%)