



Caramel Apple-Oatmeal Cookies

READY IN



60 min.

SERVINGS



22

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 1 cup oats
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon kosher salt (coarse)
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs

- ☐ 0.5 cup butterscotch chips
- ☐ 1 serving flour all-purpose
- ☐ 1 serving spiced apple butter

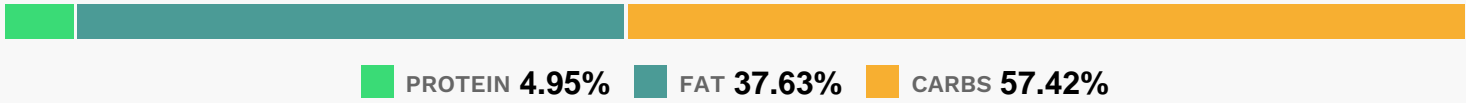
Equipment

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

Directions

- ☐ Heat oven to 350°F. Line cookie sheets with parchment paper. In medium bowl, stir together flour, oats, baking powder and salt; set aside.
- ☐ In large bowl, beat butter and brown sugar with electric mixer on medium speed until well blended.
- ☐ Add applesauce, vanilla and egg; beat on low speed 30 seconds (mixture will be lumpy). With mixer running on low speed, gradually add flour mixture, a little at a time, beating until combined. Stir in butterscotch chips.
- ☐ Using medium cookie scoop, drop dough about 2 inches apart onto cookie sheets. Dip thumb into additional flour; press into center of each cookie to create depression. Fill each with dollop of apple butter.
- ☐ Bake about 22 minutes or until cookies are set and golden around edges. Cool 5 minutes; remove from cookies sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:12.82, Glycemic Load:4.2, Inflammation Score:-1, Nutrition Score:2.2099999931196%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 114.09kcal (5.7%), Fat: 4.81g (7.4%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 15.9g (5.78%), Sugar: 8.84g (9.82%), Cholesterol: 18.88mg (6.29%), Sodium: 82.99mg (3.61%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 1.42g (2.85%), Manganese: 0.18mg (9.16%), Selenium: 3.88µg (5.54%), Vitamin B1: 0.07mg (4.49%), Folate: 13.52µg (3.38%), Iron: 0.53mg (2.97%), Phosphorus: 29.39mg (2.94%), Vitamin A: 145.37IU (2.91%), Vitamin B2: 0.05mg (2.88%), Fiber: 0.61g (2.43%), Vitamin B3: 0.41mg (2.06%), Magnesium: 7.45mg (1.86%), Calcium: 15.21mg (1.52%), Copper: 0.03mg (1.5%), Zinc: 0.21mg (1.43%), Vitamin E: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.13%), Potassium: 35.65mg (1.02%)