



Caramel Apple Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



79 kcal

DESSERT

Ingredients

- ☐ 0.8 cup apples dried finely chopped
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.8 cup individually wrapped caramels soft chopped
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup granulated sugar

- ☐ 1.5 cups oats
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted softened
- ☐ 2 teaspoons vanilla extract

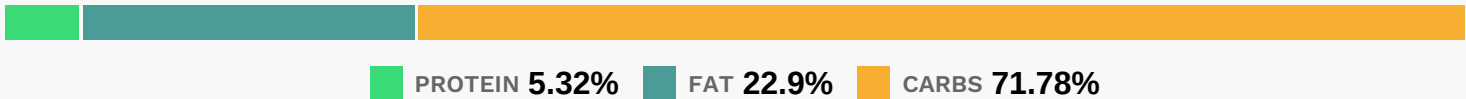
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (through salt) in a bowl; stir well.
- ☐ Place sugars and butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
- ☐ Add vanilla and egg; beat well. Gradually add flour mixture; beat at low speed until just combined. Fold in apple and caramel bits.
- ☐ Drop dough by 2 teaspoonfuls 2 inches apart onto baking sheets lined with parchment paper. Flatten balls slightly with hand.
- ☐ Bake at 350 for 9 minutes. Cool on pans 3 minutes.
- ☐ Remove cookies from pans; cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.79, Glycemic Load:6.86, Inflammation Score:-1, Nutrition Score:1.5078260781972%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 78.61kcal (3.93%), Fat: 2.03g (3.13%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 13.94g (5.07%), Sugar: 9.14g (10.15%), Cholesterol: 7.9mg (2.63%), Sodium: 56.44mg (2.45%), Alcohol: 0.06g (100%), Alcohol %: 0.33% (100%), Protein: 1.06g (2.13%), Manganese: 0.12mg (6.14%), Selenium: 2.52µg (3.6%), Vitamin B1: 0.05mg (3.13%), Phosphorus: 23.49mg (2.35%), Vitamin B2: 0.04mg (2.31%), Folate: 8.74µg (2.19%), Iron: 0.35mg (1.95%), Fiber: 0.41g (1.63%), Calcium: 15.94mg (1.59%), Magnesium: 5.59mg (1.4%), Vitamin B3: 0.27mg (1.36%), Vitamin A: 51.96IU (1.04%), Zinc: 0.15mg (1.02%)