



Chewy Barley-Nut Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



97 kcal

Ingredients

- 0.3 cup canola oil
- 0.5 cup granulated sugar
- 0.3 cup brown sugar packed
- 0.3 salad dressing reduced-fat
- 1 teaspoon vanilla
- 1 eggs
- 2 cups rolled oats
- 0.8 cup flour whole wheat
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt

- 0.3 teaspoon ground cinnamon
- 0.3 cup heart-shape paper punch mixed (peanuts, almonds, pistachios, pecans, hazelnuts)

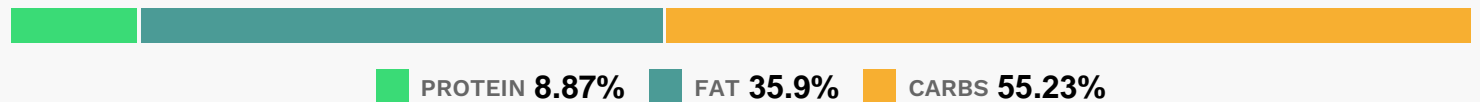
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 350°F. Spray cookie sheet with cooking spray.
- In medium bowl, mix oil, sugars, mayonnaise, vanilla and egg with spoon. Stir in barley, flour, baking soda, salt and cinnamon. Stir in nuts.
- Drop dough by rounded measuring tablespoonfuls 2 inches onto cookie sheet.
- Bake 10 to 14 minutes or until edges are golden brown. Cool 2 minutes; remove from cookie sheet to cooling rack.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:4.47, Inflammation Score:-1, Nutrition Score:3.4704347777626%

Nutrients (% of daily need)

Calories: 97.48kcal (4.87%), Fat: 3.97g (6.1%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 12.63g (4.59%), Sugar: 6.49g (7.21%), Cholesterol: 10.9mg (3.63%), Sodium: 78.32mg (3.41%), Alcohol: 0.06g (100%), Alcohol %: 0.28% (100%), Protein: 2.2g (4.41%), Manganese: 0.41mg (20.26%), Selenium: 5.6µg (8%), Phosphorus: 51.81mg (5.18%), Vitamin B12: 0.3µg (4.95%), Fiber: 1.09g (4.38%), Vitamin E: 0.63mg (4.18%), Magnesium: 15.61mg (3.9%), Vitamin B1: 0.06mg (3.9%), Iron: 0.62mg (3.43%), Vitamin B2: 0.06mg (3.28%), Copper: 0.06mg (2.89%), Zinc: 0.42mg (2.83%), Vitamin B3: 0.51mg (2.57%), Vitamin K: 2.45µg (2.34%), Vitamin B5: 0.19mg (1.88%), Vitamin B6: 0.04mg (1.77%), Potassium: 53.52mg (1.53%), Folate: 4.8µg (1.2%)