

Chewy Barley-Nut Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



106 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 2 cups rolled oats
- 0.3 cup brown sugar packed
- 0.3 cup canola oil
- 1 eggs
- 0.5 cup granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.3 salad dressing reduced-fat

- 0.3 cup nuts mixed (peanuts, almonds, pistachios, pecans, hazelnuts)
- 0.5 teaspoon salt
- 1 teaspoon vanilla
- 0.8 cup flour whole wheat

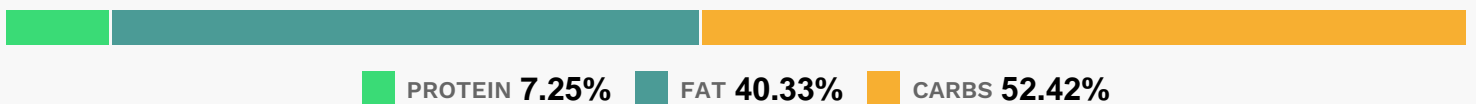
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 350F. 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:6.03, Glycemic Load:4.56, Inflammation Score:-1, Nutrition Score:3.2808695374786%

Nutrients (% of daily need)

Calories: 105.68kcal (5.28%), Fat: 4.87g (7.49%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 12.96g (4.71%), Sugar: 6.49g (7.21%), Cholesterol: 6.82mg (2.27%), Sodium: 75.34mg (3.28%), Alcohol: 0.06g (100%), Alcohol %: 0.3% (100%), Protein: 1.97g (3.94%), Manganese: 0.44mg (22.14%), Selenium: 4.89µg (6.98%), Phosphorus: 53.54mg (5.35%), Fiber: 1.27g (5.1%), Magnesium: 19.42mg (4.86%), Vitamin E: 0.62mg (4.13%), Vitamin B1: 0.05mg (3.64%), Copper: 0.07mg (3.51%), Iron: 0.55mg (3.05%), Zinc: 0.44mg (2.97%), Vitamin K: 2.45µg (2.34%), Vitamin B3: 0.36mg (1.8%), Vitamin B2: 0.03mg (1.76%), Potassium: 56.03mg (1.6%), Vitamin B6:

0.03mg (1.6%), Vitamin B5: 0.15mg (1.54%), Folate: 5.7µg (1.42%)