



Chewy Chocolate Chip Oatmeal Cookies

READY IN



55 min.

SERVINGS



42

CALORIES



149 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup butter softened
- 2 eggs
- 1.3 cups flour all-purpose
- 1 cup brown sugar light packed
- 3 cups quick-cooking oats
- 1 teaspoon salt
- 1 cup semi chocolate chips
- 2 teaspoons vanilla extract

- 1 cup walnuts chopped
- 0.5 cup sugar white

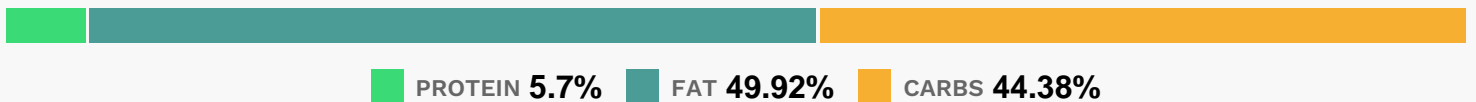
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- In a large bowl, cream together the butter, brown sugar, and white sugar until smooth. Beat in eggs one at a time, then stir in vanilla.
- Combine the flour, baking soda, and salt; stir into the creamed mixture until just blended.
- Mix in the quick oats, walnuts, and chocolate chips. Drop by heaping spoonfuls onto ungreased baking sheets.
- Bake for 12 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:5.97, Inflammation Score:-2, Nutrition Score:3.6965216738374%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 149.43kcal (7.47%), Fat: 8.48g (13.05%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 15.79g (5.74%), Sugar: 9.23g (10.26%), Cholesterol: 19.67mg (6.56%), Sodium: 108.37mg (4.71%), Alcohol: 0.07g (100%), Alcohol %: 0.26% (100%), Caffeine: 3.69mg (1.23%), Protein: 2.18g (4.36%), Manganese: 0.43mg (21.55%), Magnesium: 29.25mg (7.31%), Copper: 0.13mg (6.44%), Selenium: 4.5µg (6.43%),

Phosphorus: 56.99mg (5.7%), Iron: 0.87mg (4.83%), Vitamin B1: 0.07mg (4.83%), Fiber: 1.17g (4.7%), Folate: 12.59µg (3.15%), Vitamin A: 149.08IU (2.98%), Zinc: 0.45mg (2.97%), Vitamin B2: 0.04mg (2.57%), Potassium: 72.8mg (2.08%), Vitamin B3: 0.34mg (1.72%), Vitamin E: 0.23mg (1.57%), Calcium: 15.56mg (1.56%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.13mg (1.31%)