



Chewy Oatmeal Cookies

READY IN



25 min.

SERVINGS



60

CALORIES



113 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 1 cup sugar
- 1 cup brown sugar packed
- 2 large eggs room temperature
- 1 tablespoon blackstrap molasses
- 2 teaspoons vanilla extract
- 2 cups flour all-purpose
- 2 cups oats
- 1.5 teaspoons baking soda

- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 1 cup pecans chopped
- 1 cup semi chocolate chips

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- wooden spoon
- spatula

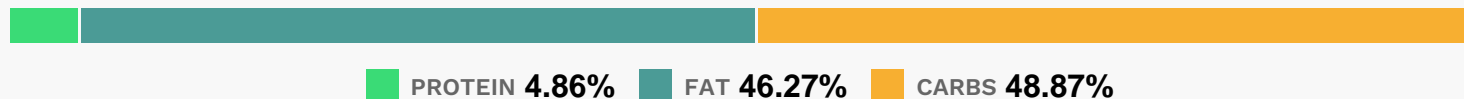
Directions

- Like with most drop cookies, you're going to start by creaming together the softened butter and sugars. Once well combined, add the two eggs, molasses and vanilla and beat, beat, beat. This should take about five minutes. You really want it light and fluffy!
- In another bowl, whisk together the flour, oats, salt, baking soda and cinnamon. Just a quick stir to combine these ingredients will ensure they are evenly distributed in the cookie dough. Editor's Tip: Any type of cinnamon can be used in this recipe. If you're a big fan of spicy cinnamon, look for Indonesian or Korintje cinnamon—it packs the most punch. If you prefer a more mild flavor, stick with traditional Ceylon cinnamon.
- Next, add the dry ingredients to your creamed mixture in a few batches. Beat until just combined—and don't forget to scrape down the sides of the bowl halfway through. This is a pretty big batch of cookie dough, so have patience. It will take a bit of time to get all the oats, flour, butter and more fully incorporated. Editor's Tip: Be careful not to overmix at this stage. Too much mixing here can lead to tough cookies.
- It's time to add in all the tasty mix-ins; this recipe has a whopping 3 cups! Use a spatula or wooden spoon to stir the chocolate chips, raisins and chopped pecans in by hand. Editor's Tip: Consider toasting the nuts before adding them to the cookie dough. This helps develop the flavor of the pecans. And if you don't have pecans on hand, walnuts, almonds (OK, any

type of nut) work well as a substitute.

- Use a cookie scoop to portion out cookies onto a parchment-lined baking sheet. Be sure to leave about 2 inches between each cookie since they do spread a good bit in the oven.
- Bake at 350°F for 8 to 10 minutes—until the edges start to turn golden brown. Once baked, remove from the oven and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:5.32, Glycemic Load:5.78, Inflammation Score:-2, Nutrition Score:2.546086985051%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 112.83kcal (5.64%), Fat: 5.92g (9.11%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 13.27g (4.83%), Sugar: 8.38g (9.31%), Cholesterol: 14.51mg (4.84%), Sodium: 75.1mg (3.27%), Alcohol: 0.05g (100%), Alcohol %: 0.23% (100%), Protein: 1.4g (2.8%), Manganese: 0.28mg (14.02%), Selenium: 3.33µg (4.75%), Magnesium: 17.14mg (4.29%), Vitamin B1: 0.06mg (4.08%), Copper: 0.08mg (4.01%), Iron: 0.63mg (3.5%), Phosphorus: 34.2mg (3.42%), Fiber: 0.8g (3.19%), Folate: 9.82µg (2.46%), Vitamin B2: 0.04mg (2.2%), Vitamin A: 106.16IU (2.12%), Zinc: 0.31mg (2.04%), Vitamin B3: 0.33mg (1.63%), Potassium: 51.96mg (1.48%), Vitamin E: 0.17mg (1.14%), Calcium: 10.99mg (1.1%)