



Chewy Oatmeal Cookies I

READY IN



35 min.

SERVINGS



36

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup raisins
- ☐ 3 cups rolled oats
- ☐ 1 teaspoon salt

- ☐ 0.5 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 0.3 cup sugar white

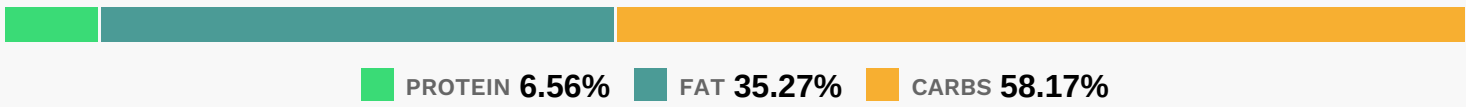
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together the butter, applesauce, brown sugar and white sugar until light and fluffy.
- ☐ Add the eggs one at a time, beating well with each addition, then stir in the vanilla.
- ☐ Combine the flour, salt, and baking soda, then gradually stir into the creamed mixture. Finally, stir in the oats, raisins, nuts and chocolate chips. Drop by rounded spoonfuls onto the prepared cookie sheet.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.72, Glycemic Load:6.6, Inflammation Score:-2, Nutrition Score:3.498260864745%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 133.11kcal (6.66%), Fat: 5.32g (8.18%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 18.44g (6.71%), Sugar: 9g (10%), Cholesterol: 16.02mg (5.34%), Sodium: 121.87mg (5.3%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 2.23g (4.45%), Manganese: 0.38mg (19.01%), Selenium: 4.89µg (6.99%), Vitamin B1: 0.08mg (5.48%), Phosphorus: 52.89mg (5.29%), Fiber: 1.29g (5.15%), Copper: 0.1mg (5.12%), Iron: 0.88mg (4.88%), Magnesium: 19.01mg (4.75%), Folate: 14.7µg (3.68%), Vitamin B2: 0.06mg (3.34%), Zinc: 0.44mg (2.93%), Potassium: 81.71mg (2.33%), Vitamin B3: 0.46mg (2.28%), Vitamin A: 94.05IU (1.88%), Vitamin B5: 0.17mg (1.66%), Calcium: 15.34mg (1.53%), Vitamin B6: 0.03mg (1.48%), Vitamin E: 0.16mg (1.06%)