



## Chewy Oatmeal Cookies II

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



156 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1.3 cups brown sugar
- 0.8 cup butter flavor shortening flavored
- 1 eggs
- 1 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 cup milk
- 3 cups rolled oats

- 1.5 teaspoons vanilla extract
- 1 cup walnut pieces chopped

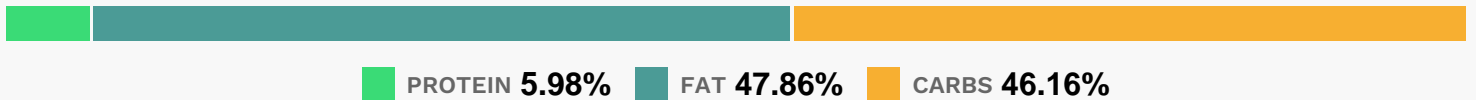
## Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- In a large bowl, cream together the butter flavored shortening and brown sugar until smooth. Beat in the egg then stir in the milk and vanilla.
- Mix in the flour, oats, baking soda and cinnamon until well blended. Fold in the walnuts and if desired, raisins. 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:5.93, Glycemic Load:4.27, Inflammation Score:-1, Nutrition Score:3.7834783181872%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

## Nutrients (% of daily need)

Calories: 155.88kcal (7.79%), Fat: 8.46g (13.02%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 17.17g (6.24%), Sugar: 9.25g (10.27%), Cholesterol: 5.78mg (1.93%), Sodium: 24.79mg (1.08%), Alcohol: 0.07g (100%), Alcohol %: 0.25% (100%), Protein: 2.38g (4.76%), Manganese: 0.47mg (23.28%), Selenium: 4.56µg (6.51%), Vitamin B1: 0.09mg (5.76%), Phosphorus: 57.27mg (5.73%), Copper: 0.11mg (5.27%), Magnesium: 19.63mg (4.91%), Fiber: 1.2g (4.81%), Iron: 0.75mg (4.15%), Folate: 14.82µg (3.71%), Zinc: 0.48mg (3.19%), Vitamin B2:

0.05mg (2.92%), Vitamin K: 3.02µg (2.88%), Vitamin E: 0.4mg (2.63%), Vitamin B5: 0.21mg (2.11%), Calcium:  
20.67mg (2.07%), Potassium: 69.66mg (1.99%), Vitamin B3: 0.4mg (1.98%), Vitamin B6: 0.04mg (1.95%)