



Chewy Oatmeal Raisin Nut Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



48

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour white lily®
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups firmly brown sugar packed
- ☐ 0.8 cup butter shortening or crisco®
- ☐ 1 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 3 cups old-fashioned rolled oats

- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup walnuts coarsely chopped

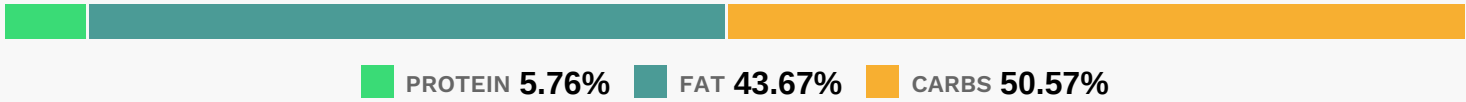
Equipment

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

Directions

- ☐ HEAT oven to 375 degrees F. Coat baking sheets with no-stick cooking spray.
- ☐ BEAT shortening, brown sugar, egg, milk and vanilla in large bowl at medium speed of electric mixer until well blended.
- ☐ COMBINE flour, baking soda, salt and cinnamon in small bowl. Beat into shortening mixture at low speed until smooth. Stir in oats, raisins and nuts. Drop by rounded tablespoonfuls 2 inches apart onto prepared baking sheets.
- ☐ BAKE 10 to 12 minutes or until lightly browned. Cool 2 minutes on baking sheet.
- ☐ Remove to wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:4.93, Glycemic Load:3.94, Inflammation Score:-1, Nutrition Score:2.5786956386722%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 106.55kcal (5.33%), Fat: 5.32g (8.18%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 12.9g (4.69%), Sugar: 5.78g (6.42%), Cholesterol: 4.08mg (1.36%), Sodium: 40.74mg (1.77%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Protein: 1.58g (3.16%), Manganese: 0.3mg (14.96%), Selenium: 2.91µg (4.15%), Phosphorus: 38.31mg (3.83%), Fiber: 0.96g (3.83%), Vitamin B1: 0.06mg (3.83%), Copper: 0.08mg (3.75%), Magnesium: 13.19mg (3.3%), Iron: 0.55mg (3.04%), Folate: 9.41µg (2.35%), Vitamin B2: 0.04mg (2.18%), Zinc: 0.31mg (2.04%), Potassium: 68.64mg (1.96%), Vitamin K: 1.89µg (1.8%), Vitamin E: 0.25mg (1.66%), Vitamin B6: 0.03mg (1.51%), Vitamin B3: 0.28mg (1.4%), Calcium: 13.85mg (1.38%), Vitamin B5: 0.14mg (1.35%)