



## Chinese Five-Spice Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



119 kcal

DESSERT

### Ingredients

- 1.5 teaspoons five spice chinese
- 1 teaspoon double-acting baking powder
- 1 cup firmly brown sugar packed
- 0.5 lb butter at room temperature
- 2 large eggs
- 1.5 cups flour all-purpose
- 1 cup granulated sugar
- 1 cup coarsely ground almonds toasted (see notes)

- 1 teaspoon ground cinnamon
- 2 cups quick-cooking rolled oats
- 0.5 teaspoon salt
- 2 teaspoons vanilla

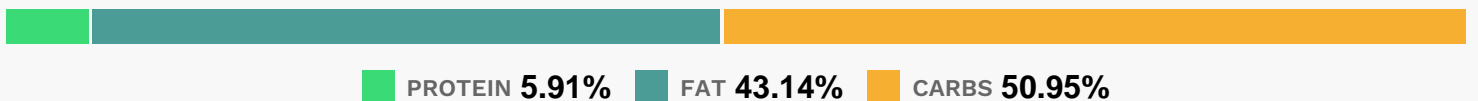
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- spatula

## Directions

- In a bowl, with an electric mixer on medium speed, beat butter, granulated sugar, and brown sugar until well blended. Beat in eggs and vanilla until smooth, scraping down sides of bowl as needed.
- In another bowl, mix flour, baking powder, five spice, cinnamon, and salt. Stir or beat into butter mixture until well incorporated. Stir in oats and almonds.
- Drop dough in 1 1/2-tablespoon portions, 1 1/2 inches apart, onto buttered 12- by 15-inch baking sheets.
- Bake cookies in a 350 oven until golden, 12 to 15 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- With a wide spatula, transfer cookies to racks to cool. If hot cookies start to break, slide a thin spatula under them to release; let stand on pan to firm up, 2 to 5 minutes, then transfer to racks to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:8.05, Glycemic Load:6.81, Inflammation Score:-1, Nutrition Score:2.1330434799842%

## Nutrients (% of daily need)

Calories: 118.72kcal (5.94%), Fat: 5.86g (9.01%), Saturated Fat: 2.79g (17.47%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 14.8g (5.38%), Sugar: 9.36g (10.4%), Cholesterol: 19.1mg (6.37%), Sodium: 72.47mg (3.15%), Alcohol: 0.06g (100%), Alcohol %: 0.28% (100%), Protein: 1.81g (3.61%), Manganese: 0.2mg (9.93%), Selenium: 3.46µg (4.95%), Vitamin B1: 0.05mg (3.59%), Iron: 0.59mg (3.3%), Fiber: 0.76g (3.03%), Phosphorus: 29.38mg (2.94%), Magnesium: 11.75mg (2.94%), Vitamin A: 138.49IU (2.77%), Folate: 10.04µg (2.51%), Vitamin B2: 0.04mg (2.25%), Calcium: 20.67mg (2.07%), Vitamin B3: 0.29mg (1.45%), Zinc: 0.19mg (1.25%), Copper: 0.03mg (1.25%), Vitamin E: 0.17mg (1.13%)