



## Chocolate Chip-Oatmeal Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



42

CALORIES



133 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 eggs beaten
- 1 cup flour all-purpose
- 3 cups oats uncooked
- 1 teaspoon salt
- 12 oz bittersweet chocolate
- 0.8 cup shortening

1 teaspoon vanilla extract

0.3 cup water

## Equipment

bowl

baking sheet

oven

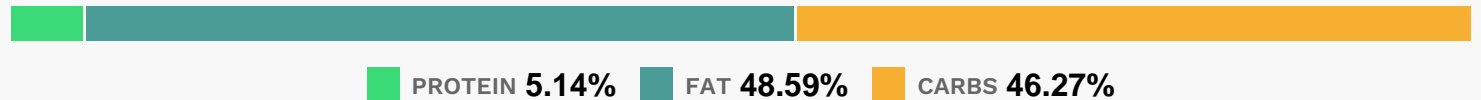
## Directions

Blend together first 6 ingredients in a large bowl; add flour, salt and baking soda, blending until combined.

Stir in oats and chocolate chips. Drop by teaspoonfuls onto greased baking sheets.

Bake at 350 for 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:3.33, Glycemic Load:3.86, Inflammation Score:-1, Nutrition Score:3.3913043912338%

## Nutrients (% of daily need)

Calories: 133.26kcal (6.66%), Fat: 7.29g (11.22%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 14.35g (5.22%), Sugar: 8.16g (9.07%), Cholesterol: 4.38mg (1.46%), Sodium: 72.62mg (3.16%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Caffeine: 6.97mg (2.32%), Protein: 1.73g (3.47%), Manganese: 0.38mg (19.03%), Magnesium: 31.17mg (7.79%), Copper: 0.13mg (6.52%), Selenium: 4.04µg (5.78%), Iron: 0.98mg (5.43%), Phosphorus: 53.09mg (5.31%), Fiber: 1.27g (5.09%), Vitamin B1: 0.06mg (3.89%), Zinc: 0.44mg (2.91%), Vitamin K: 2.73µg (2.6%), Potassium: 78.41mg (2.24%), Vitamin E: 0.33mg (2.17%), Folate: 7.84µg (1.96%), Vitamin B2: 0.03mg (1.79%), Vitamin B3: 0.3mg (1.49%), Calcium: 13.25mg (1.32%), Vitamin B5: 0.13mg (1.26%)