



## Chocolate Oatmeal Chip Cookies

READY IN



50 min.

SERVINGS



35

CALORIES



204 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup butter softened
- 2 large eggs
- 2 cups flour all-purpose
- 1 cup brown sugar light packed
- 2 cups cooking oats quick
- 0.5 teaspoon salt
- 2 cups semi chocolate chips

- 0.8 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1 cup sugar white

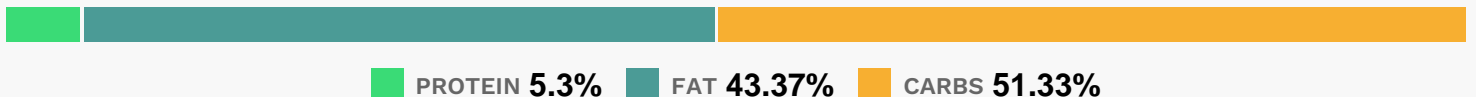
## Equipment

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

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine flour, cocoa powder, baking soda, baking powder, and salt in a bowl.
- Beat butter, white sugar, and brown sugar in a bowl with an electric mixer until light and fluffy. Beat the first egg into the butter until completely blended, then beat in vanilla extract with the last egg.
- Mix in flour mixture until just incorporated. Fold in oats and chocolate chips, mixing just enough to evenly combine.
- Drop tablespoonfuls of the dough 2 inches apart onto ungreased baking sheets.
- Bake in preheated oven until cookies are set, 11 to 12 minutes. Cool in baking sheets for 10 minutes before removing to cool completely on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:10.06, Glycemic Load:9.72, Inflammation Score:-3, Nutrition Score:5.0847826289094%

## Flavonoids

Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## **Nutrients (% of daily need)**

Calories: 203.78kcal (10.19%), Fat: 10.13g (15.59%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 24.85g (9.04%), Sugar: 15.72g (17.47%), Cholesterol: 25.19mg (8.4%), Sodium: 119.83mg (5.21%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Caffeine: 13.08mg (4.36%), Protein: 2.79g (5.57%), Manganese: 0.46mg (23.02%), Copper: 0.23mg (11.56%), Magnesium: 42.45mg (10.61%), Selenium: 6.18µg (8.82%), Iron: 1.56mg (8.66%), Fiber: 2.13g (8.53%), Phosphorus: 77.93mg (7.79%), Vitamin B1: 0.09mg (5.82%), Zinc: 0.64mg (4.28%), Folate: 16.74µg (4.19%), Vitamin B2: 0.07mg (3.93%), Vitamin A: 182.65IU (3.65%), Potassium: 124.72mg (3.56%), Vitamin B3: 0.6mg (2.99%), Calcium: 23.81mg (2.38%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.16mg (1.59%), Vitamin K: 1.42µg (1.35%), Vitamin B6: 0.02mg (1.06%)