



Chocolate Oatmeal Chip Cookies

READY IN



85 min.

SERVINGS



48

CALORIES



149 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

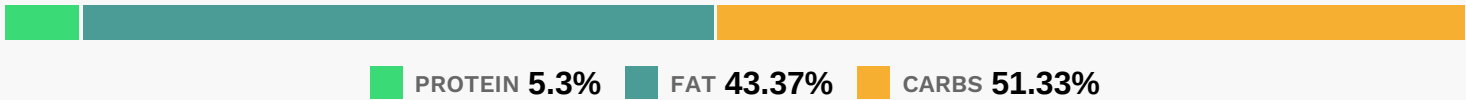
Equipment

- ☐ 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:7.34, Glycemic Load:7.09, Inflammation Score:-2, Nutrition Score:3.7073912918568%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 148.59kcal (7.43%), Fat: 7.39g (11.37%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 18.12g (6.59%), Sugar: 11.46g (12.74%), Cholesterol: 18.37mg (6.12%), Sodium: 87.38mg (3.8%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Caffeine: 9.54mg (3.18%), Protein: 2.03g (4.06%), Manganese: 0.34mg (16.78%), Copper: 0.17mg (8.43%), Magnesium: 30.95mg (7.74%), Selenium: 4.5µg (6.43%), Iron: 1.14mg (6.31%), Fiber: 1.56g (6.22%), Phosphorus: 56.82mg (5.68%), Vitamin B1: 0.06mg (4.24%), Zinc: 0.47mg (3.12%), Folate: 12.21µg (3.05%), Vitamin B2: 0.05mg (2.86%), Vitamin A: 133.18IU (2.66%), Potassium: 90.94mg (2.6%), Vitamin B3: 0.44mg (2.18%), Calcium: 17.36mg (1.74%), Vitamin E: 0.2mg (1.36%), Vitamin B5: 0.12mg (1.16%)