



Chocolate Oatmeal Drop Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



36

CALORIES



168 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar
- 1 eggs
- 18.3 ounce chocolate cake mix
- 0.5 cup butter
- 2 cups oats
- 1 cup semi chocolate chips
- 0.5 cup shortening
- 0.3 cup water

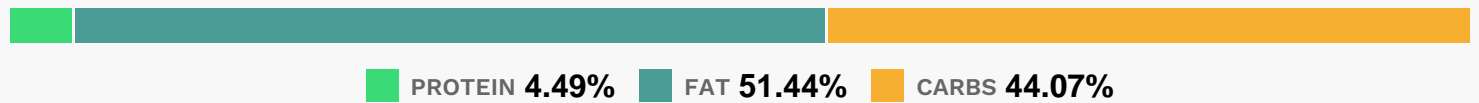
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat the oven to 325 degrees F (165 degrees C). Grease cookie sheets.
- In a large bowl, cream together the margarine, shortening and brown sugar until light and fluffy. Stir in the egg and water. Beat in cake mix until well blended, then stir in the oats and chocolate chips. Drop by rounded spoonfuls onto the prepared cookie sheets.
- Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:1.81, Glycemic Load:1.72, Inflammation Score:-2, Nutrition Score:3.6078261102185%

Nutrients (% of daily need)

Calories: 168.37kcal (8.42%), Fat: 9.97g (15.34%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 18.05g (6.56%), Sugar: 10.37g (11.52%), Cholesterol: 4.85mg (1.62%), Sodium: 151.72mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.88mg (1.96%), Protein: 1.96g (3.91%), Manganese: 0.29mg (14.71%), Phosphorus: 75.7mg (7.57%), Magnesium: 28.25mg (7.06%), Copper: 0.14mg (6.96%), Iron: 1.22mg (6.76%), Selenium: 4.15µg (5.92%), Fiber: 1.17g (4.67%), Vitamin B1: 0.05mg (3.45%), Vitamin E: 0.51mg (3.37%), Calcium: 31.02mg (3.1%), Potassium: 98.98mg (2.83%), Folate: 10.99µg (2.75%), Zinc: 0.41mg (2.72%), Vitamin K: 2.57µg (2.45%), Vitamin A: 122.31IU (2.45%), Vitamin B2: 0.04mg (2.21%), Vitamin B3: 0.31mg (1.57%), Vitamin B5: 0.11mg (1.11%)