



Chocolate-Oatmeal Hermits

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup brown sugar packed
- ☐ 2 large egg whites
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 cups quick-cooking oats
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup semisweet chocolate minichips

- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil

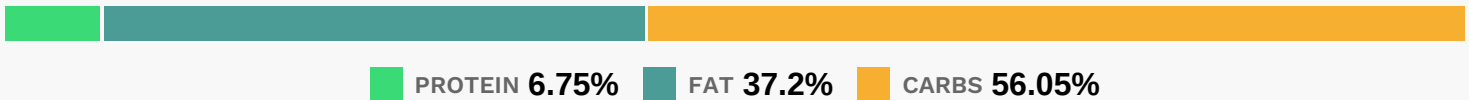
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 5 ingredients in a large bowl; beat at high speed of a mixer until well-blended.
- ☐ Combine oats, flour, baking powder, and salt; stir well.
- ☐ Add to sugar mixture, stirring just until oats mixture is moist. Stir in chocolate chips.
- ☐ Drop dough by level tablespoons onto baking sheets coated with cooking spray.
- ☐ Bake at 375 for 10 minutes.
- ☐ Remove from pans; let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:12.59, Glycemic Load:5.57, Inflammation Score:-1, Nutrition Score:2.6800000051279%

Nutrients (% of daily need)

Calories: 94.19kcal (4.71%), Fat: 3.93g (6.04%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.47g (4.54%), Sugar: 6.39g (7.1%), Cholesterol: 0.2mg (0.07%), Sodium: 26.98mg (1.17%), Alcohol: 0.11g (100%), Alcohol %: 0.64% (100%), Protein: 1.6g (3.2%), Manganese: 0.29mg (14.56%), Selenium: 3.92µg (5.6%), Magnesium: 20.97mg (5.24%), Vitamin K: 4.59µg (4.37%), Vitamin B1: 0.06mg (3.95%), Phosphorus: 38.35mg (3.84%), Iron: 0.66mg (3.66%), Copper: 0.07mg (3.39%), Fiber: 0.84g (3.38%), Vitamin B2: 0.04mg (2.34%), Folate: 8.91µg (2.23%), Zinc: 0.28mg (1.86%), Vitamin E: 0.24mg (1.62%), Vitamin B3: 0.31mg (1.54%), Potassium: 50.05mg (1.43%), Calcium: 12.7mg (1.27%)