



Chocolate Oatmeal Hermits

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup brown sugar packed
- ☐ 2 egg whites
- ☐ 0.8 cup flour all-purpose
- ☐ 1.5 cups cooking oats quick
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup semi-sweet chocolate chips mini
- ☐ 2 teaspoons vanilla extract

- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup sugar white

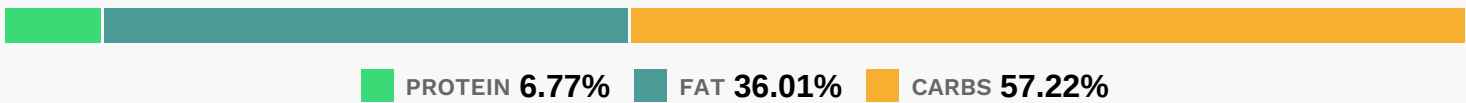
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Coat pan with vegetable oil spray.
- ☐ In a medium bowl, cream together sugar, brown sugar, vegetable oil, egg whites, and vanilla with an electric mixer. Sift together the flour, baking powder, and salt; stir into the creamed mixture. With a wooden spoon, stir in the quick cooking oats and chocolate chips.
- ☐ Drop dough by level tablespoonfuls onto the prepared cookie sheet.
- ☐ Bake in the preheated oven for 8 to 10 minutes.
- ☐ Remove from baking sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:11.14, Inflammation Score:-2, Nutrition Score:5.0873912762365%

Nutrients (% of daily need)

Calories: 178.21kcal (8.91%), Fat: 7.2g (11.08%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 24.18g (8.79%), Sugar: 12.16g (13.51%), Cholesterol: 0.29mg (0.1%), Sodium: 52.95mg (2.3%), Alcohol: 0.23g (100%), Alcohol %: 0.67% (100%), Caffeine: 4.18mg (1.39%), Protein: 3.05g (6.09%), Manganese: 0.56mg (27.99%), Selenium: 7.6µg (10.86%), Magnesium: 38.86mg (9.72%), Vitamin K: 9.05µg (8.62%), Vitamin B1: 0.12mg (7.86%), Phosphorus: 72.18mg (7.22%), Iron: 1.21mg (6.72%), Fiber: 1.55g (6.21%), Copper: 0.11mg (5.71%),

Vitamin B2: 0.08mg (4.5%), Folate: 17.8µg (4.45%), Zinc: 0.51mg (3.42%), Vitamin E: 0.48mg (3.17%), Vitamin B3: 0.6mg (3%), Potassium: 89.59mg (2.56%), Calcium: 24.29mg (2.43%), Vitamin B5: 0.14mg (1.39%)