

# Cinnamon Oatmeal Cookies

 Dairy Free

READY IN



35 min.

SERVINGS



78

CALORIES



159 kcal

DESSERT

## Ingredients

- 4 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 4 eggs
- 4.3 cups flour all-purpose
- 4 teaspoons ground cinnamon
- 0.3 cup blackstrap molasses
- 4.8 cups oats
- 1 teaspoon salt

- 2.5 cups shortening
- 5 cups sugar
- 1 tablespoon vanilla extract

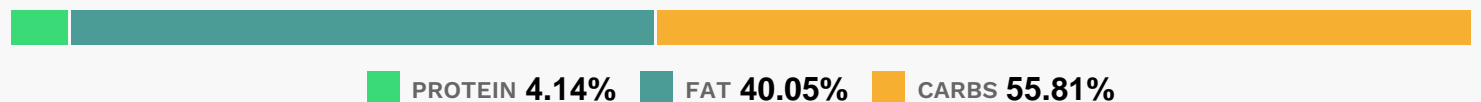
## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a large bowl, cream shortening and sugar until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Beat in molasses and vanilla.
- Combine the remaining ingredients; gradually add to creamed mixture and mix well.
- Drop by tablespoonfuls 2 in. apart onto greased baking sheets.
- Bake at 350° for 10–12 minutes or until edges are firm.
- Remove to wire racks to cool

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:15.2, Inflammation Score:-1, Nutrition Score:3.0369565344375%

## Nutrients (% of daily need)

Calories: 159.28kcal (7.96%), Fat: 7.24g (11.13%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 21.98g (7.99%), Sugar: 13.99g (15.55%), Cholesterol: 8.39mg (2.8%), Sodium: 70.03mg (3.04%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 1.68g (3.36%), Manganese: 0.3mg (15.06%), Selenium: 5.06µg (7.23%), Vitamin B1: 0.08mg (5.6%), Magnesium: 18.75mg (4.69%), Phosphorus: 39.6mg (3.96%), Iron: 0.7mg (3.9%), Folate: 15.35µg (3.84%), Vitamin K: 3.71µg (3.54%), Vitamin B2: 0.05mg (3.13%), Vitamin E: 0.47mg (3.12%), Fiber: 0.71g (2.83%), Vitamin B3: 0.47mg (2.34%), Calcium: 20.89mg (2.09%), Copper: 0.04mg (1.92%), Zinc: 0.24mg (1.62%), Vitamin B5: 0.16mg (1.57%), Potassium: 50.24mg (1.44%), Vitamin B6: 0.02mg (1.09%)