



Cinnamon-Raisin-Oatmeal Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



137 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 1 cup butter softened
- 2 teaspoons vanilla
- 2 eggs
- 1.8 cups flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt

- 1 cup rolled oats
- 1 cup all-bran cereal
- 0.5 cup raisins

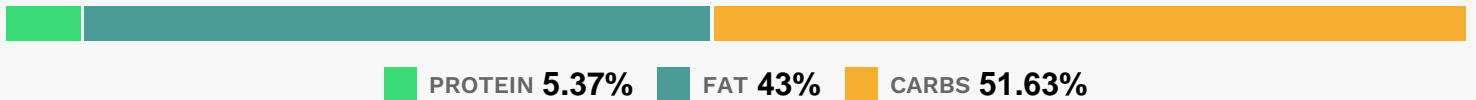
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 350°F. In large bowl, beat brown sugar and butter with electric mixer on medium speed until creamy. On low speed, beat in vanilla and eggs until well blended. Beat in flour, baking soda, cinnamon and salt until well blended. With spoon, stir in oats, cereal and raisins.
- On ungreased cookie sheets, drop dough by heaping tablespoonfuls about 2 inches apart.
- Bake 12 to 15 minutes or until set and golden brown. Immediately remove from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:7.45, Glycemic Load:6.08, Inflammation Score:-4, Nutrition Score:4.969999992977%

Nutrients (% of daily need)

Calories: 136.69kcal (6.83%), Fat: 6.73g (10.36%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 18.19g (6.06%), Net Carbohydrates: 16.92g (6.15%), Sugar: 7.53g (8.37%), Cholesterol: 10.91mg (3.64%), Sodium: 139.78mg (6.08%), Alcohol: 0.09g (100%), Alcohol %: 0.35% (100%), Protein: 1.89g (3.78%), Manganese: 0.33mg (16.26%), Vitamin B6: 0.27mg (13.37%), Folate: 42.89µg (10.72%), Vitamin B1: 0.12mg (8.08%), Vitamin B12: 0.42µg (7.04%), Vitamin B2: 0.12mg (6.89%), Vitamin A: 322.8IU (6.46%), Selenium: 4.45µg (6.36%), Iron: 0.99mg (5.49%), Phosphorus: 52.44mg (5.24%), Fiber: 1.28g (5.1%), Vitamin B3: 0.81mg (4.04%), Magnesium: 14.85mg (3.71%), Zinc: 0.45mg (3.01%), Copper: 0.06mg (2.79%), Calcium: 21.92mg (2.19%), Potassium: 76.27mg (2.18%), Vitamin E: 0.31mg (2.05%), Vitamin B5: 0.15mg (1.47%)