



Country Oatmeal Cookie in a Jar

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 cup brown sugar packed
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 0.8 cup sugar white

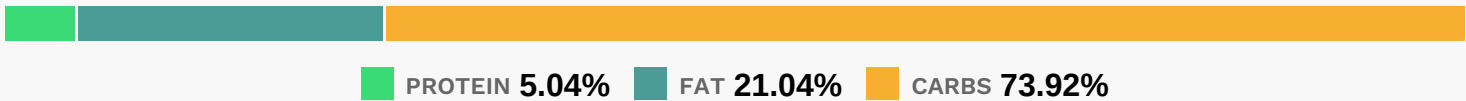
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Using a 1 quart or 1 liter jar, layer in the ingredients in the order given. Pack down the jar after each addition.
- ☐ Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, cream together 3/4 cup of softened butter, with 2 eggs and 1 teaspoon of vanilla.
- ☐ Add the entire contents of the jar, and mix by hand until combined. Drop dough by heaping spoonfuls onto an unprepared cookie sheet.
- ☐ Bake for 12 to 15 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:11.55, Glycemic Load:9.52, Inflammation Score:-1, Nutrition Score:3.1260869593724%

Nutrients (% of daily need)

Calories: 134.99kcal (6.75%), Fat: 3.19g (4.91%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 24.07g (8.75%), Sugar: 15.71g (17.46%), Cholesterol: 0.45mg (0.15%), Sodium: 78.04mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.72g (3.44%), Manganese: 0.28mg (14%), Selenium: 4.38µg (6.25%), Copper: 0.12mg (6.09%), Iron: 1.06mg (5.89%), Vitamin B1: 0.08mg (5.28%), Magnesium: 20.27mg (5.07%), Phosphorus: 47.54mg (4.75%), Fiber: 1.15g (4.61%), Folate: 15.45µg (3.86%), Vitamin B2: 0.05mg (2.86%), Vitamin B3: 0.57mg (2.85%), Calcium: 28.07mg (2.81%), Zinc: 0.38mg (2.53%), Potassium: 72.44mg (2.07%), Vitamin B5: 0.1mg (1.04%)