



Crunchy Hearty Oatmeal Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



197 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour (4.5 oz/ 126 grams)
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons honey
- ☐ 3 cups oats

- ☐ 1 cup pecans toasted chopped
- ☐ 2 tablespoon some other syrup
- ☐ 0.5 teaspoon salt
- ☐ 64 grams shortening fat free (trans)
- ☐ 0.3 cup coconut or shredded unsweetened sweetened
- ☐ 1 teaspoon vanilla

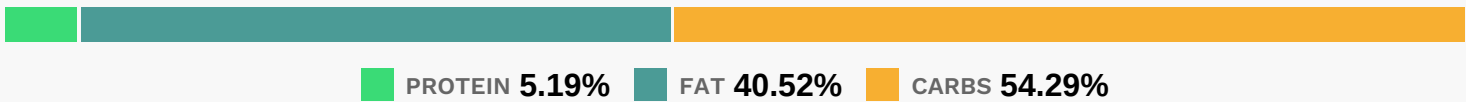
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Line two cookie sheets with parchment paper.Stir together flour, baking soda, cinnamon and salt; Set aside.Cream shortening, butter and both sugars in a mixing bowl using high speed of an electric mixer; Stir in honey, syrup, egg and vanilla.
- ☐ Add flour mixture and stir until incorporated. Stir in oats, pecans and coconut.Using wet hands, form mixture into 3/4 to 1 inch balls and place about 2 inches apart on ungreased cookie sheets. Using palm of wet hand, press down slightly to about ½ inch.
- ☐ Bake for 11–13 minutes or until edges are brown; Cool for about 3 minutes on cookie sheets then transfer to a wire rack to cool. They will crisp and firm up quite a bit as they cool.

Nutrition Facts



Properties

Glycemic Index:14.12, Glycemic Load:9.3, Inflammation Score:-2, Nutrition Score:4.8065216852271%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg

Nutrients (% of daily need)

Calories: 197.16kcal (9.86%), Fat: 9.1g (14.01%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 25.68g (9.34%), Sugar: 15.87g (17.63%), Cholesterol: 12.83mg (4.28%), Sodium: 116.24mg (5.05%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 2.62g (5.25%), Manganese: 0.68mg (33.85%), Selenium: 5.85µg (8.35%), Vitamin B1: 0.12mg (7.86%), Fiber: 1.77g (7.06%), Phosphorus: 65.79mg (6.58%), Magnesium: 22.57mg (5.64%), Copper: 0.11mg (5.58%), Iron: 0.93mg (5.18%), Vitamin B2: 0.08mg (4.76%), Zinc: 0.66mg (4.41%), Folate: 14.95µg (3.74%), Vitamin B3: 0.49mg (2.47%), Vitamin B5: 0.25mg (2.46%), Potassium: 85.43mg (2.44%), Vitamin E: 0.35mg (2.33%), Calcium: 21.41mg (2.14%), Vitamin K: 1.98µg (1.89%), Vitamin B6: 0.03mg (1.6%), Vitamin A: 72.9IU (1.46%)