



## Crunchy, Hearty Oatmeal Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



291 kcal

DESSERT

### Ingredients

- ☐ 4.5 ounces all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup coconut or
- ☐ 24 servings crunchy hearty
- ☐ 1 eggs
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons honey

- ☐ 1 cup brown sugar dark light packed (I used part brown, part brown)
- ☐ 3 cups oats
- ☐ 1 cup pecans toasted chopped
- ☐ 2 tablespoon some other syrup
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening fat free (trans )
- ☐ 1 teaspoon vanilla

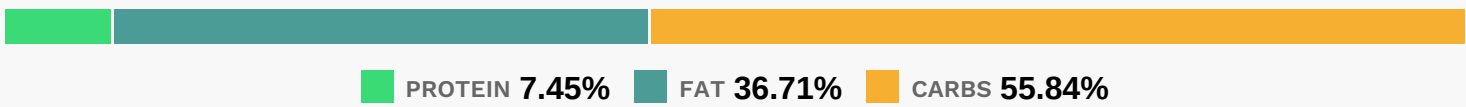
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wooden spoon

## Directions

- ☐ Stir together flour, baking soda, cinnamon and salt; Set aside.In a large mixing bowl, beat shortening, melted butter and both sugars until creamy (I used a wooden spoon). 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 at 350 degrees for 11–13 minutes or until edges are brown.
- ☐ Remove to a rack to cool. They will crisp and firm up quite a bit as they cool.

## Nutrition Facts



## Properties

Glycemic Index:17.06, Glycemic Load:16.66, Inflammation Score:-3, Nutrition Score:9.307826106639%

## 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: 291kcal (14.55%), Fat: 12.12g (18.64%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 37.79g (13.74%), Sugar: 16.16g (17.96%), Cholesterol: 11.9mg (3.97%), Sodium: 120.44mg (5.24%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 5.54g (11.07%), Manganese: 1.34mg (67.11%), Selenium: 12.03µg (17.18%), Phosphorus: 154.45mg (15.45%), Fiber: 3.67g (14.7%), Vitamin B1: 0.21mg (13.86%), Magnesium: 53.55mg (13.39%), Zinc: 1.82mg (12.12%), Iron: 1.97mg (10.97%), Copper: 0.19mg (9.7%), Vitamin B5: 0.61mg (6.12%), Vitamin B2: 0.1mg (5.78%), Folate: 22.18µg (5.54%), Potassium: 164.8mg (4.71%), Vitamin B3: 0.76mg (3.81%), Vitamin E: 0.54mg (3.58%), Calcium: 31.69mg (3.17%), Vitamin K: 3.18µg (3.03%), Vitamin B6: 0.04mg (1.75%), Vitamin A: 71.55IU (1.43%)