



Dad's Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 teaspoons ground cloves

- ☐ 3 cups cooking oats quick
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

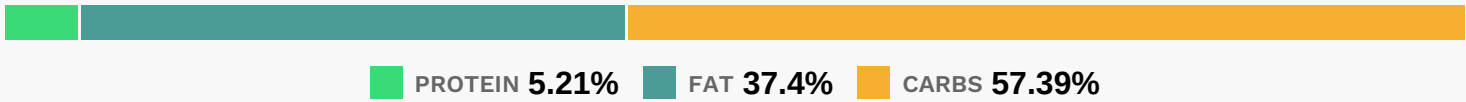
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream first three ingredients until fluffy, add eggs and vanilla.
- ☐ Mix all dry ingredients into butter mixture. Stir in oats.
- ☐ Let dough stand at room temperature for 2 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Drop dough by tablespoonfuls onto lightly greased cookie sheets. Flatten cookies slightly and bake for 10 minutes. Do not overbake.
- ☐ Take cookies from the oven when still puffy and edges are just beginning to brown.
- ☐ Let cookies cool a minute or two on cookie sheets before removing. Cool completely on racks. They are fragile and difficult to remove from the cookie sheets when they are still warm, so work gently.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:5.61, Inflammation Score:-1, Nutrition Score:1.9286956650245%

Nutrients (% of daily need)

Calories: 83.12kcal (4.16%), Fat: 3.54g (5.45%), Saturated Fat: 2.05g (12.78%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.69g (4.25%), Sugar: 6.97g (7.74%), Cholesterol: 13.59mg (4.53%), Sodium: 56.4mg (2.45%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Protein: 1.11g (2.22%), Manganese: 0.25mg (12.62%), Selenium: 3µg

(4.28%), Vitamin B1: 0.05mg (3.16%), Magnesium: 12.53mg (3.13%), Phosphorus: 26.09mg (2.61%), Iron: 0.41mg (2.25%), Fiber: 0.54g (2.15%), Vitamin A: 103.13IU (2.06%), Folate: 7.9µg (1.98%), Vitamin B2: 0.03mg (1.72%), Zinc: 0.18mg (1.19%), Copper: 0.02mg (1.17%), Vitamin B3: 0.23mg (1.14%)