



Danish Oatmeal Cookies

 Vegetarian

READY IN



50 min.

SERVINGS



60

CALORIES



58 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup butter softened
- 1 cup powdered sugar
- 1 cup flour all-purpose
- 1 cup oatmeal
- 1 cup pecans chopped
- 0.3 teaspoon salt
- 2 teaspoons vanilla extract

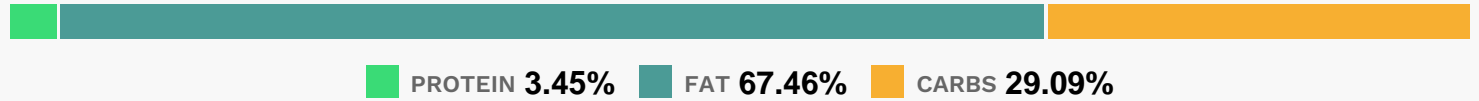
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Preheat an oven to 325 degrees F (165 degrees C). Line a baking sheet with parchment paper.
- In a bowl, mix the flour, baking soda, and salt. In a separate large bowl, mix the butter, 1 cup confectioners' sugar, and vanilla until the mixture is smooth and creamy. Stir in the flour mixture; gently stir in the oatmeal and pecans and lightly mix until combined.
- With a spoon, drop about 1 scant tablespoon of dough per cookie onto the prepared baking sheet.
- Bake in the preheated oven until lightly browned, about 20 minutes.
- Let cool completely before sprinkling cookies with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:3.26, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:1.018260853608%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 58.19kcal (2.91%), Fat: 4.46g (6.86%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 4.03g (1.46%), Sugar: 2.06g (2.29%), Cholesterol: 8.13mg (2.71%), Sodium: 43.39mg (1.89%), Alcohol: 0.05g (100%), Alcohol %: 0.42% (100%), Protein: 0.51g (1.03%), Manganese: 0.12mg (5.95%), Vitamin B1:

0.03mg (2.1%), Vitamin A: 95.56IU (1.91%), Selenium: 1.04µg (1.48%), Copper: 0.03mg (1.4%), Fiber: 0.3g (1.19%), Folate: 4.56µg (1.14%), Phosphorus: 11.19mg (1.12%)