



Dark Chocolate Chip Oatmeal Cookies



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



32

CALORIES



199 kcal

DESSERT

Ingredients

- ☐ 1 cup roasted almonds toasted chopped
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups bittersweet chocolate chips dark
- ☐ 10 oz cool butter unsalted cut into chunks ()
- ☐ 1 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 cup brown sugar light packed
- ☐ 3 cups cooking oats quick

- ☐ 1 teaspoon salt (salted cut in half if using butter)
- ☐ 1 tablespoon vanilla extract

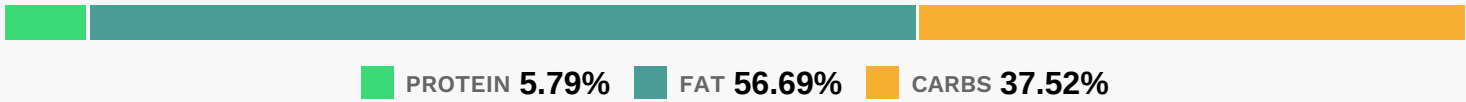
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F.In the bowl of a stand mixer fitted with a paddle attachment, beat the cool butter until creamy.
- ☐ Add salt and both sugars and continue beating until smooth — don't try to beat until fluffy or light, just smooth.
- ☐ Add the egg and beat just until mixed, then beat in the vanilla.
- ☐ Mix together the flour and the baking soda. Stir flour mixture into the egg mixture until blended. Stir in the oats and the chocolate chips.Scoop up about 32 heaping tablespoons of batter and shape into balls. Press tops of balls down slightly to make discs. Chill the balls until ready to use or bake immediately.To bake, arrange dough pieces about 2 ½ inches apart on parchment lined baking sheets.
- ☐ Bake for 12 to 15 minutes or until cookies appear set.
- ☐ Let cool for about five minutes on baking sheets, then transfer to a wire rack and let cool completely.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:5.16, Inflammation Score:-3, Nutrition Score:4.6847826056182%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 199.37kcal (9.97%), Fat: 12.87g (19.8%), Saturated Fat: 7.38g (46.13%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 17.58g (6.39%), Sugar: 11.36g (12.62%), Cholesterol: 25.28mg (8.43%), Sodium: 28.26mg (1.23%), Alcohol: 0.14g (100%), Alcohol %: 0.44% (100%), Protein: 2.96g (5.91%), Manganese: 0.45mg (22.3%), Vitamin E: 1.56mg (10.37%), Magnesium: 36.54mg (9.14%), Phosphorus: 75.17mg (7.52%), Fiber: 1.59g (6.38%), Calcium: 55.9mg (5.59%), Selenium: 3.86µg (5.51%), Vitamin B2: 0.09mg (5.07%), Copper: 0.1mg (4.75%), Zinc: 0.71mg (4.74%), Vitamin A: 234.62IU (4.69%), Vitamin B1: 0.06mg (3.98%), Iron: 0.71mg (3.94%), Potassium: 125.24mg (3.58%), Folate: 7.23µg (1.81%), Vitamin B5: 0.18mg (1.79%), Vitamin B3: 0.32mg (1.62%), Vitamin B6: 0.03mg (1.49%), Vitamin K: 1.53µg (1.46%), Vitamin D: 0.16µg (1.09%)