

Dark Chocolate Oatmeal Cookies

READY IN



45 min.

SERVINGS



12

CALORIES



164 kcal

DESSERT

Ingredients

- 0.8 cup flour
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 0.3 cup semi chocolate chips
- 2 tablespoons irish oats
- 0.5 cup sugar
- 0.5 cup butter unsalted room temperature (1 stick)
- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla extract

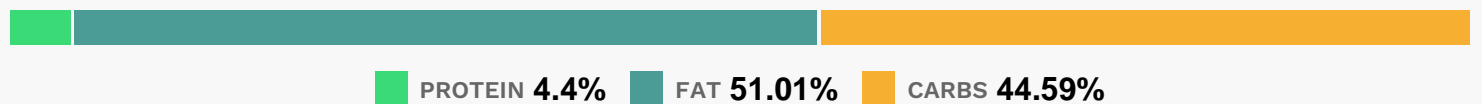
Equipment

- bowl
- baking sheet
- oven
- hand mixer
- spatula

Directions

- Preheat oven to 350°F. Butter large rimmed baking sheet. Sift first 4 ingredients into medium bowl. Using electric mixer, beat butter in large bowl until fluffy.
- Add sugar and vanilla; beat until blended.
- Add flour mixture and beat until moist clumps form.
- Mix in oats with spatula until evenly distributed (dough will be very firm).
- Add chocolate chips and knead gently to blend.
- Using moistened palms, shape 1 generous tablespoon dough into ball.
- Place on prepared sheet; flatten to 2-inch round. Repeat with remaining dough, spacing rounds about 2 inches apart.
- Bake cookies until center is slightly firm and top is cracked, about 14 minutes. Cool on sheet.
- Old-fashioned oats have been cut, steamed, and flattened with large rollers. Steel-cut oats are not as highly processed and look like tiny pellets. They produce a more al dente result.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:10.91, Inflammation Score:-3, Nutrition Score:2.8956521568091%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin:

0.18mg

Nutrients (% of daily need)

Calories: 164.26kcal (8.21%), Fat: 9.63g (14.82%), Saturated Fat: 5.87g (36.67%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 17.49g (6.36%), Sugar: 9.77g (10.86%), Cholesterol: 20.56mg (6.85%), Sodium: 96.09mg (4.18%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Caffeine: 7.35mg (2.45%), Protein: 1.87g (3.74%), Manganese: 0.17mg (8.65%), Copper: 0.13mg (6.41%), Fiber: 1.45g (5.8%), Iron: 0.96mg (5.33%), Selenium: 3.36µg (4.81%), Vitamin A: 238.24IU (4.76%), Magnesium: 17.47mg (4.37%), Vitamin B1: 0.06mg (4.29%), Folate: 15.15µg (3.79%), Phosphorus: 33.62mg (3.36%), Vitamin B2: 0.05mg (2.92%), Vitamin B3: 0.54mg (2.68%), Zinc: 0.29mg (1.9%), Potassium: 59.55mg (1.7%), Vitamin E: 0.25mg (1.65%)