



Dishpan Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



72

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 2 cups butter
- ☐ 1.5 cups coconut or flaked
- ☐ 2 cups brown sugar dark packed
- ☐ 8 ounces chocolate bar finely grated
- ☐ 4 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 cup golden raisins

- ☐ 1 cup raisins
- ☐ 5 cups rolled oats
- ☐ 1 teaspoon salt
- ☐ 5 cups semi chocolate chips
- ☐ 2 teaspoons vanilla extract
- ☐ 3 cups walnuts chopped
- ☐ 2 cups sugar white

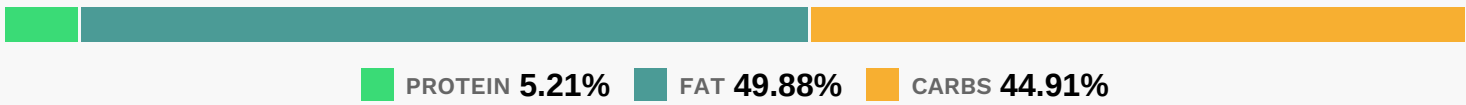
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ First find a plastic dishpan (this keeps you from burning up your mixer). Blend oatmeal in blender until a fine powder.
- ☐ Cream butter and both sugars.
- ☐ Add eggs and vanilla.
- ☐ Mix together with flour, oatmeal, salt, baking powder and baking soda.
- ☐ Add chips, candy, nuts, raisins, and coconut.
- ☐ Roll into balls and place 2 inches apart on cookie sheet.
- ☐ Bake for 6 minutes at 375 degrees F (190 degrees C). Makes 6 dozen.

Nutrition Facts



Properties

Glycemic Index:6.74, Glycemic Load:11.07, Inflammation Score:-3, Nutrition Score:6.986956504376%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 287.14kcal (14.36%), Fat: 16.27g (25.03%), Saturated Fat: 8.23g (51.47%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 30.04g (10.92%), Sugar: 18.37g (20.41%), Cholesterol: 23.49mg (7.83%), Sodium: 124.18mg (5.4%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Caffeine: 13.27mg (4.42%), Protein: 3.82g (7.64%), Manganese: 0.71mg (35.53%), Copper: 0.35mg (17.69%), Magnesium: 50.1mg (12.52%), Iron: 2.12mg (11.77%), Fiber: 2.93g (11.73%), Phosphorus: 106.17mg (10.62%), Selenium: 6.76µg (9.66%), Vitamin B1: 0.11mg (7.13%), Zinc: 0.93mg (6.17%), Potassium: 197.28mg (5.64%), Folate: 20.97µg (5.24%), Vitamin B2: 0.08mg (4.86%), Vitamin B3: 0.73mg (3.67%), Vitamin A: 179.23IU (3.58%), Calcium: 35.46mg (3.55%), Vitamin B6: 0.06mg (3.14%), Vitamin B5: 0.24mg (2.42%), Vitamin E: 0.34mg (2.24%), Vitamin K: 1.92µg (1.83%), Vitamin B12: 0.06µg (1.06%)