



Double-Chip Oatmeal Cookies

READY IN



45 min.

SERVINGS



18

CALORIES



454 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup firmly brown sugar light packed
- 0.8 cup butter softened
- 2 large eggs
- 2.3 cups flour all-purpose
- 0.8 cup granulated sugar
- 1.7 cups nestlé toll house peanut butter & milk chocolate morsels (11-ounce package)
- 0.5 cup regular oats uncooked
- 0.5 cup pecans toasted chopped

- 0.3 teaspoon salt
- 2 cups nestle toll house semi-sweet chocolate morsels (12-ounce package)
- 0.3 cup shortening
- 1 teaspoon vanilla extract

Equipment

- baking sheet
- oven
- hand mixer

Directions

- Beat butter and shortening at medium speed with an electric mixer until creamy; gradually add sugars, beating until blended.
- Add eggs and 1 teaspoon vanilla, beating until blended.
- Combine flour, soda, and salt; gradually add to butter mixture, beating well. Stir in morsels, oats, and pecans.
- Drop dough by 1/4 cupfuls onto lightly greased baking sheets.
- Bake at 350 for 15 to 16 minutes or until golden around edges.
- Remove to wire racks to cool.

Nutrition Facts



PROTEIN 3.66% **FAT 50.69%** **CARBS 45.65%**

Properties

Glycemic Index:10.84, Glycemic Load:14.98, Inflammation Score:-4, Nutrition Score:7.6808695091825%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-

gallate: 0.07mg

Nutrients (% of daily need)

Calories: 454.14kcal (22.71%), Fat: 25.92g (39.88%), Saturated Fat: 10.08g (63.03%), Carbohydrates: 52.51g (17.5%), Net Carbohydrates: 49.97g (18.17%), Sugar: 34.31g (38.12%), Cholesterol: 21.87mg (7.29%), Sodium: 195.41mg (8.5%), Alcohol: 0.08g (100%), Alcohol %: 0.1% (100%), Caffeine: 17.2mg (5.73%), Protein: 4.21g (8.42%), Manganese: 0.6mg (29.9%), Copper: 0.33mg (16.32%), Selenium: 9.61µg (13.73%), Iron: 2.33mg (12.95%), Magnesium: 47.21mg (11.8%), Vitamin B1: 0.16mg (10.88%), Fiber: 2.54g (10.16%), Phosphorus: 100.05mg (10.01%), Folate: 32.78µg (8.19%), Vitamin A: 380.02IU (7.6%), Vitamin B2: 0.13mg (7.36%), Potassium: 222.64mg (6.36%), Zinc: 0.93mg (6.23%), Vitamin B3: 1.17mg (5.84%), Vitamin E: 0.71mg (4.7%), Calcium: 43.65mg (4.37%), Vitamin B5: 0.3mg (3.04%), Vitamin K: 3.17µg (3.02%), Vitamin B6: 0.04mg (1.82%), Vitamin B12: 0.09µg (1.58%)