



Double Chocolate Oatmeal Cookies

READY IN



90 min.

SERVINGS



36

CALORIES



106 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 0.5 cup butter softened
- 0.8 cup yogurt plain fat free 99% yoplait® (from 2-lb container)
- 1 eggs fat-free
- 1 teaspoon vanilla
- 0.3 cup cocoa powder unsweetened
- 0.7 cup flour all-purpose
- 0.7 cup flour whole wheat
- 0.5 teaspoon baking soda

- 0.3 teaspoon salt
- 3 cups oats
- 0.3 cup semisweet chocolate chips white miniature

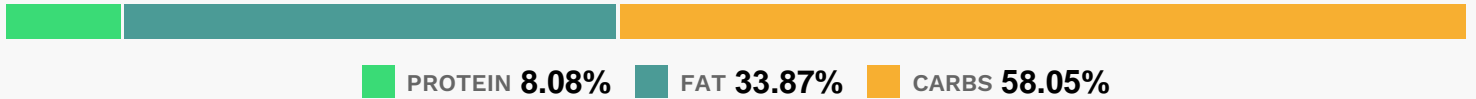
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 350°F. In large bowl, mix sugar, butter, yogurt, egg and vanilla. Stir in remaining ingredients. Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.
- Bake 11 to 13 minutes or until almost no indentation remains when touched. Immediately remove from cookie sheet.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:3.86, Inflammation Score:-2, Nutrition Score:3.7943477978849%

Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 106.37kcal (5.32%), Fat: 4.15g (6.39%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 14.61g (5.31%), Sugar: 7.27g (8.08%), Cholesterol: 4.78mg (1.59%), Sodium: 69.15mg (3.01%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Caffeine: 3.72mg (1.24%), Protein: 2.23g (4.46%), Manganese: 0.46mg (23.05%), Magnesium: 31.4mg (7.85%), Selenium: 5.39µg (7.69%), Phosphorus: 64.33mg (6.43%), Fiber: 1.41g (5.62%), Copper: 0.1mg (4.98%), Vitamin B1: 0.07mg (4.69%), Iron: 0.82mg (4.55%), Zinc: 0.47mg (3.13%), Vitamin B2: 0.05mg (2.65%), Vitamin A: 121.03IU (2.42%), Potassium: 83.58mg (2.39%), Calcium: 23.54mg (2.35%),

Folate: 8.91µg (2.23%), Vitamin B3: 0.35mg (1.77%), Vitamin B5: 0.14mg (1.42%), Vitamin B6: 0.03mg (1.31%), Vitamin E: 0.19mg (1.26%)