



## Double-Raisin Oatmeal Cookies



Vegetarian



Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



3774 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.8 cup brown sugar dark packed
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups old-fashioned oats
- ☐ 1.5 cups raisins

- ☐ 1 teaspoon salt
- ☐ 6 tablespoons butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup flour whole-wheat

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ ice cream scoop

## Directions

- ☐ Bring 1 cup raisins and 1/2cup water to a boil in a pan over high heat. Reduce heat to medium-high; cook, stirring, until water has absorbed.
- ☐ Let cool; puree in a food processor. Cover and chill at least 1 hour.
- ☐ Preheat oven to 350F. Line a baking sheet with parchment.
- ☐ Whisk both flours, baking soda, salt and cinnamon in a bowl. Beat butter, oil, sugar and pureed raisins with an electric mixer on medium-high speed until smooth, about 3 minutes. Beat in eggs 1 at a time, then vanilla. Reduce mixer speed to low; beat in flour mixture. Stir in oats and remaining raisins.
- ☐ Use an ice cream scoop or 2 tablespoons to form cookies; place 2 inches apart on baking sheet. Use moistened fingers to flatten to 1/2-inch thickness.
- ☐ Bake until cookies are golden but still soft, 18 to 20 minutes.
- ☐ Let cool on racks. Repeat with remaining dough.

## Nutrition Facts



 **PROTEIN 6.43%**  **FAT 34.35%**  **CARBS 59.22%**

## Properties

Glycemic Index:178.8, Glycemic Load:163.53, Inflammation Score:-10, Nutrition Score:70.116956379103%

## Nutrients (% of daily need)

Calories: 3773.97kcal (188.7%), Fat: 149.01g (229.25%), Saturated Fat: 53.2g (332.52%), Carbohydrates: 578.06g (192.69%), Net Carbohydrates: 532.1g (193.49%), Sugar: 163.25g (181.39%), Cholesterol: 552.6mg (184.2%), Sodium: 3692.01mg (160.52%), Alcohol: 1.38g (100%), Alcohol %: 0.18% (100%), Protein: 62.73g (125.46%), Manganese: 12.01mg (600.67%), Selenium: 177.07µg (252.95%), Fiber: 45.96g (183.85%), Phosphorus: 1549.21mg (154.92%), Vitamin B1: 2.13mg (141.82%), Iron: 22.75mg (126.39%), Magnesium: 496.55mg (124.14%), Copper: 2.04mg (102.11%), Vitamin B2: 1.64mg (96.68%), Vitamin E: 14.38mg (95.87%), Potassium: 3270.04mg (93.43%), Zinc: 11.29mg (75.24%), Vitamin B3: 14.19mg (70.97%), Folate: 276.79µg (69.2%), Vitamin B6: 1.33mg (66.45%), Vitamin A: 2651.43IU (53.03%), Vitamin K: 51.97µg (49.5%), Vitamin B5: 4.76mg (47.58%), Calcium: 415.4mg (41.54%), Vitamin D: 3.26µg (21.73%), Vitamin B12: 1.03µg (17.21%), Vitamin C: 11.76mg (14.26%)