

Easy Oatmeal-Chocolate Chip Cookies



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

72

CALORIES

calories

75 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar light packed
- ☐ 2 large eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 2 cups quick-cooking oats uncooked
- ☐ 0.5 teaspoon salt

- ☐ 6 ounces semisweet chocolate morsels
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil

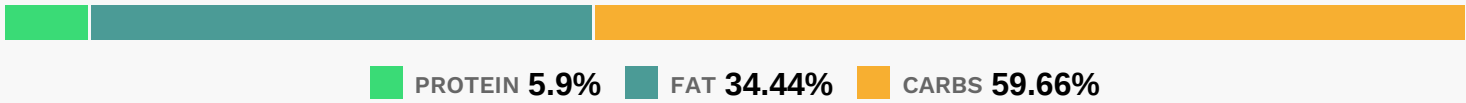
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Stir together first 9 ingredients in a large bowl.
- ☐ Add oil, eggs, and vanilla; stir well.
- ☐ Shape mixture into 1" balls. (Dough will be crumbly.)
- ☐ Place balls on ungreased baking sheets.
- ☐ Bake at 350 for 10 minutes or until golden.
- ☐ Let cool on baking sheets 1 minute.
- ☐ Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:4.73, Inflammation Score:-1, Nutrition Score:1.995217392788%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:

0.03mg

Nutrients (% of daily need)

Calories: 74.95kcal (3.75%), Fat: 2.93g (4.51%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 10.78g (3.92%), Sugar: 6.72g (7.46%), Cholesterol: 5.31mg (1.77%), Sodium: 37.53mg (1.63%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 1.13g (2.26%), Manganese: 0.22mg (11.13%), Selenium: 2.68µg (3.83%), Vitamin B1: 0.05mg (3.38%), Magnesium: 13.29mg (3.32%), Copper: 0.06mg (3.18%), Iron: 0.5mg (2.8%), Phosphorus: 27.89mg (2.79%), Fiber: 0.64g (2.56%), Folate: 8.09µg (2.02%), Vitamin B2: 0.03mg (1.76%), Zinc: 0.25mg (1.65%), Vitamin K: 1.42µg (1.36%), Vitamin B3: 0.27mg (1.33%), Potassium: 37.51mg (1.07%)