



Excellent Oatmeal Cookies

 Vegetarian

READY IN



56 min.

SERVINGS



42

CALORIES



125 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter softened
- 2 eggs
- 1.3 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 3 cups cooking oats quick
- 1 teaspoon salt

- 2 teaspoons vanilla extract
- 1 cup walnuts chopped
- 0.5 cup sugar white

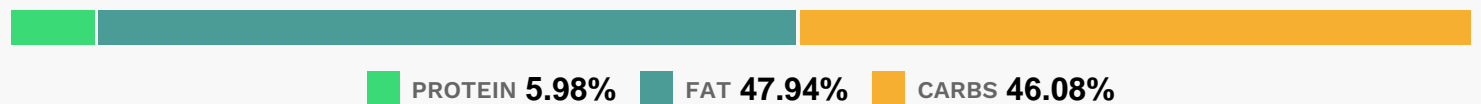
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- In a large bowl, cream together butter, brown sugar, and white sugar until fluffy. Beat in eggs one at a time, then stir in the vanilla.
- Combine the flour, baking soda, salt, and cinnamon; stir into the creamed mixture.
- Mix in oats and nuts until just blended. Drop by heaping teaspoonfuls onto ungreased cookie sheets. Cookies should be at least 2 inches apart.
- Bake for about 12 minutes in the preheated oven. Cool cookies on a wire rack.

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:5.97, Inflammation Score:-2, Nutrition Score:3.1078261261725%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 124.85kcal (6.24%), Fat: 6.84g (10.53%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 13.92g (5.06%), Sugar: 7.66g (8.51%), Cholesterol: 19.41mg (6.47%), Sodium: 107.95mg (4.69%), Alcohol: 0.07g (100%), Alcohol %: 0.3% (100%), Protein: 1.92g (3.84%), Manganese: 0.39mg (19.54%), Selenium: 4.14µg (5.92%), Magnesium: 21.77mg (5.44%), Vitamin B1: 0.07mg (4.74%), Phosphorus: 45.91mg (4.59%), Copper:

0.08mg (3.79%), Fiber: 0.88g (3.53%), Iron: 0.61mg (3.37%), Folate: 12.6µg (3.15%), Vitamin A: 147.22IU (2.94%),
Vitamin B2: 0.04mg (2.45%), Zinc: 0.33mg (2.22%), Vitamin B3: 0.31mg (1.55%), Vitamin B6: 0.03mg (1.42%),
Vitamin E: 0.21mg (1.41%), Potassium: 48.91mg (1.4%), Calcium: 13.86mg (1.39%), Vitamin B5: 0.12mg (1.19%)