

Taste of Home

Family-Favorite Soft Oatmeal Cookies

READY IN



35 min.

SERVINGS



60

CALORIES



117 kcal

DESSERT

Ingredients

- 2 cups brown sugar packed
- 1 cup shortening
- 3 large eggs
- 3 cups flour all-purpose
- 1 teaspoon salt
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 cup buttermilk

- 2 cups rolled oats
- 1 cup raisins
- 1 cup walnut pieces chopped

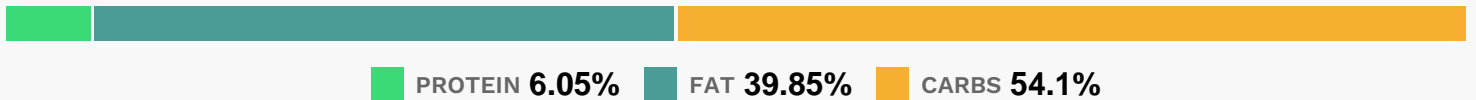
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, cream sugar and shortening until light and fluffy.
- Add eggs, one at a time, beating well after each addition.
- Combine the flour, salt, baking powder, soda and cinnamon; add alternately with milk to the creamed mixture. Stir in the oats, raisins and nuts.
- Drop by heaping tablespoonfuls onto greased baking sheets.
- Bake at 350° for about 12 minutes or until lightly browned.
- Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:5.2, Inflammation Score:-1, Nutrition Score:2.6982608761476%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 117.14kcal (5.86%), Fat: 5.31g (8.17%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 15.46g (5.62%), Sugar: 7.41g (8.24%), Cholesterol: 9.74mg (3.25%), Sodium: 75.01mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.63%), Manganese: 0.23mg (11.26%), Selenium: 4.01µg (5.74%), Vitamin B1: 0.07mg (4.96%), Folate: 15.74µg (3.93%), Phosphorus: 36.52mg (3.65%), Vitamin B2: 0.06mg (3.57%), Iron: 0.63mg (3.52%), Copper: 0.06mg (3.21%), Fiber: 0.75g (3.02%), Magnesium: 10.31mg (2.58%), Vitamin

B3: 0.46mg (2.31%), Calcium: 21.33mg (2.13%), Vitamin K: 1.97µg (1.88%), Potassium: 63.78mg (1.82%), Vitamin E: 0.27mg (1.79%), Zinc: 0.26mg (1.71%), Vitamin B5: 0.16mg (1.56%), Vitamin B6: 0.03mg (1.46%)