



Oatmeal-Raisin Cookies

 Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



149 kcal

DESSERT

Ingredients

- 0.7 cup granulated sugar
- 0.7 cup brown sugar packed
- 0.5 cup butter softened
- 0.5 cup shortening
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla
- 0.5 teaspoon double-acting baking powder

- 0.5 teaspoon salt
- 2 eggs
- 3 cups rolled oats
- 1 cup flour all-purpose
- 1 cup semi chocolate chips chopped

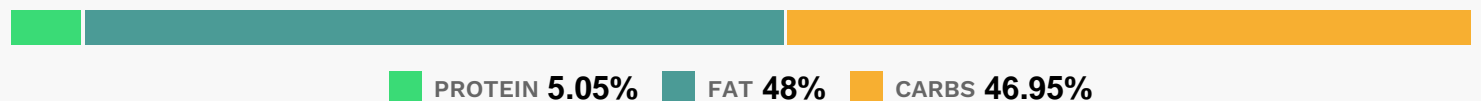
Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 375°F. In large bowl, beat all ingredients except oats, flour and raisins with electric mixer on medium speed, or mix with spoon. Stir in oats, flour and raisins.
- On ungreased cookie sheet, drop dough by rounded tablespoonfuls about 2 inches apart.
- Bake 9 to 11 minutes or until light brown. Immediately remove from cookie sheet to cooling rack.

Nutrition Facts



Properties

Glycemic Index:7.84, Glycemic Load:6.07, Inflammation Score:-2, Nutrition Score:3.295217404304%

Nutrients (% of daily need)

Calories: 148.76kcal (7.44%), Fat: 8.02g (12.34%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 16.44g (5.98%), Sugar: 9.58g (10.65%), Cholesterol: 9.39mg (3.13%), Sodium: 104.07mg (4.52%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.9g (3.8%), Manganese: 0.35mg (17.43%), Selenium: 4.37µg (6.25%), Phosphorus: 51.44mg (5.14%), Magnesium: 19.71mg (4.93%), Copper: 0.1mg (4.9%), Fiber: 1.21g (4.82%), Iron: 0.85mg (4.73%), Vitamin B1: 0.06mg (4.12%), Zinc: 0.44mg (2.91%), Vitamin A:

128.64IU (2.57%), Vitamin B2: 0.04mg (2.54%), Folate: 9.74µg (2.44%), Vitamin E: 0.36mg (2.39%), Vitamin K: 2.04µg (1.95%), Potassium: 67.14mg (1.92%), Vitamin B5: 0.17mg (1.71%), Calcium: 16.75mg (1.67%), Vitamin B3: 0.33mg (1.65%)