



Fresh Strawberry-Oatmeal Cookies

 Vegetarian

READY IN



28 min.

SERVINGS



40

CALORIES



71 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup butter softened
- 1 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 cup milk
- 1 cup regular rolled oats

- 2 cups strawberries fresh finely chopped
- 1 teaspoon vanilla extract
- 0.3 cup sugar white

Equipment

- bowl
- baking sheet
- oven
- mixing bowl
- hand mixer

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Combine the strawberries with 1/4 cup sugar in a medium bowl. Toss gently to blend, and set aside.
- Combine the flour, baking soda, and cinnamon in a large bowl. Stir in the rolled oats and blend evenly; set aside.
- Beat the butter, brown sugar, and white sugar in the large mixing bowl of an electric mixer at medium speed until fluffy.
- Add the egg, milk, and vanilla, and continue beating until smooth. Stir in the flour mixture, and mix well to blend.
- Combine the strawberries with the flour mixture, and stir to blend. Drop by teaspoonfuls onto ungreased baking sheets.
- Bake in preheated oven until slightly brown, about 8 minutes. Cool on baking sheets. Store in an airtight container.

Nutrition Facts



PROTEIN 5.69% **FAT 33.37%** **CARBS 60.94%**

Properties

Glycemic Index:7.95, Glycemic Load:4.12, Inflammation Score:-1, Nutrition Score:1.8500000069971%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 70.78kcal (3.54%), Fat: 2.66g (4.09%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 10.43g (3.79%), Sugar: 5.73g (6.36%), Cholesterol: 10.38mg (3.46%), Sodium: 49.22mg (2.14%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.02g (2.04%), Manganese: 0.15mg (7.27%), Vitamin C: 4.24mg (5.13%), Selenium: 2.66µg (3.8%), Vitamin B1: 0.05mg (3.29%), Folate: 11.6µg (2.9%), Iron: 0.39mg (2.15%), Vitamin B2: 0.04mg (2.14%), Fiber: 0.5g (2.01%), Phosphorus: 19.7mg (1.97%), Vitamin B3: 0.34mg (1.68%), Vitamin A: 80.33IU (1.61%), Magnesium: 5.55mg (1.39%), Copper: 0.02mg (1.06%)