



Frog Commissary Oatmeal Chocolate Chip Cookies

READY IN



22 min.

SERVINGS



48

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 12 oz chocolate chips
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose (unbleached)
- ☐ 1 cup granulated sugar
- ☐ 1 cup brown sugar light
- ☐ 2 tablespoons milk

- ☐ 2.5 cups oats instant quick (not)
- ☐ 1 tsp salt
- ☐ 1 cup butter unsalted room temperature
- ☐ 2 teaspoons vanilla

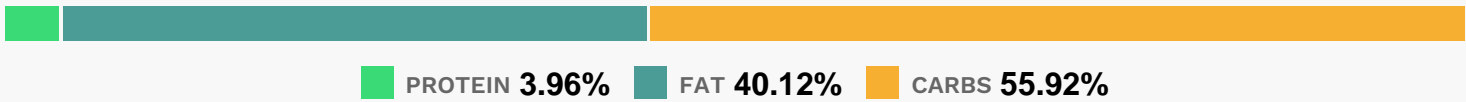
Equipment

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

Directions

- ☐ Preheat the oven to 350 F.Cream the butter and the sugars with an electric mixer until light. Beat in the egg, then the milk and the vanilla extract.Stir the flour, baking soda, baking powder and salt together and gradually stir the flour mixture into the sugar mixture until it's incorporated. Stir in the oats and chocolate chips.Drop dough, making 1 inch rounds, onto the cookie sheet, placing about 1 1/2 inches apart so they have room to spread.
- ☐ Bake on center rack for 10–13 minutes, until golden brown at the edges and light golden at the center.Cool on baking sheet for at least 1–2 minutes before moving to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.56, Glycemic Load:6.79, Inflammation Score:-1, Nutrition Score:2.1930434639039%

Nutrients (% of daily need)

Calories: 141.65kcal (7.08%), Fat: 6.42g (9.87%), Saturated Fat: 3.83g (23.92%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 19.56g (7.11%), Sugar: 12.77g (14.19%), Cholesterol: 17.99mg (6%), Sodium: 90.24mg (3.92%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Protein: 1.42g (2.85%), Manganese: 0.19mg (9.66%), Selenium: 3.77µg (5.38%), Vitamin B1: 0.06mg (4.12%), Phosphorus: 31.12mg (3.11%), Folate: 12.05µg (3.01%), Iron: 0.5mg (2.8%), Vitamin B2: 0.05mg (2.66%), Vitamin A: 130.44IU (2.61%), Fiber: 0.57g (2.27%), Calcium: 20.64mg (2.06%),

Magnesium: 7.85mg (1.96%), Vitamin B3: 0.36mg (1.82%), Zinc: 0.23mg (1.51%), Potassium: 52.51mg (1.5%), Copper: 0.03mg (1.44%), Vitamin B5: 0.12mg (1.16%), Vitamin E: 0.15mg (1.02%)