



German Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



36 kcal

DESSERT

Ingredients

- 0.3 lb butter
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 0.7 cup quick-cooking rolled oats
- 0.3 teaspoon salt
- 0.5 cup sugar
- 2 tablespoons whipping cream

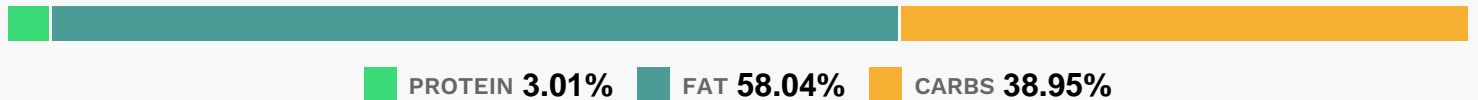
Equipment

- frying pan
- baking sheet
- oven
- spatula

Directions

- In a 1- to 2-quart pan over low heat, melt butter.
- Add sugar and cream and stir over high heat until the mixture is boiling.
- Remove from heat and stir in flour, cloves, ginger, salt, and oats.
- Drop batter in 1-teaspoon portions onto cooking parchment-lined or buttered and floured 12- by 15-inch baking sheets (see notes), evenly spacing three or four portions on each sheet.
- Bake one pan at a time in a 350 oven until the edges of cookies are golden brown, 3 to 4 minutes.
- Let cookies cool on sheet until firm enough to remove, about 2 minutes; to test, lift a corner of a cookie with your fingers, or slide a spatula under a corner. If it's too soft to hold its shape, wait a few seconds longer; if it's firm, lift off with your fingers or a spatula. Set cookies on racks to cool.
- Serve, or immediately package airtight (cookies soften quickly from moisture in the air) in rigid containers, putting waxed paper between layers.

Nutrition Facts



Properties

Glycemic Index:5.78, Glycemic Load:2.39, Inflammation Score:-1, Nutrition Score:0.54782608410586%

Nutrients (% of daily need)

Calories: 35.94kcal (1.8%), Fat: 2.38g (3.67%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.26g (2.51%), Cholesterol: 6.17mg (2.06%), Sodium: 29.41mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Manganese: 0.07mg (3.34%), Vitamin A: 72.79IU (1.46%),

Selenium: 0.71µg (1.01%)