



Giant Honey and Oat Cookies

 Dairy Free

READY IN



35 min.

SERVINGS



18

CALORIES



320 kcal

DESSERT

Ingredients

- 1.5 cups sugar
- 0.8 cup butter softened
- 0.7 cup honey
- 3 egg whites
- 4 cups oats
- 2 cups flour all-purpose
- 1 teaspoon baking soda
- 0.5 teaspoon salt

4.3 ounce fluffy frosting green red

Equipment

bowl

baking sheet

oven

wire rack

hand mixer

Directions

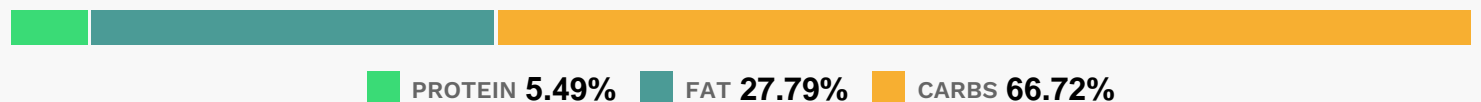
Heat oven to 350°F. Grease cookie sheet. Beat sugar, butter, honey and egg whites in large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients except icings.

Drop dough by level 1/4 cupfuls or #16 cookie/ice-cream scoop about 3 inches apart onto cookie sheet.

Bake 11 to 14 minutes or until edges are light brown (centers will be soft). Cool 3 to 4 minutes; remove from cookie sheet to wire rack. Cool completely.

Drizzle icings over cookies, using smallest tip of tube, in zigzag design.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:30.8, Inflammation Score:-4, Nutrition Score:6.662173896704%

Nutrients (% of daily need)

Calories: 319.76kcal (15.99%), Fat: 10.07g (15.49%), Saturated Fat: 2g (12.5%), Carbohydrates: 54.41g (18.14%), Net Carbohydrates: 52.19g (18.98%), Sugar: 31.42g (34.91%), Cholesterol: 0mg (0%), Sodium: 237.23mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Manganese: 0.76mg (38.01%), Selenium: 11.12µg (15.89%), Vitamin B1: 0.19mg (12.92%), Phosphorus: 93.51mg (9.35%), Fiber: 2.22g (8.88%), Vitamin B2: 0.15mg (8.83%), Iron: 1.49mg (8.26%), Folate: 32.26µg (8.07%), Magnesium: 29.07mg (7.27%), Vitamin A: 338.32IU (6.77%), Vitamin B3: 1.06mg (5.3%), Zinc: 0.79mg (5.26%), Copper: 0.1mg (4.87%), Vitamin E: 0.48mg (3.2%), Vitamin B5: 0.29mg (2.92%), Potassium: 101.36mg (2.9%), Calcium: 15.8mg (1.58%), Vitamin B6: 0.03mg (1.41%), Vitamin K:

1.27µg (1.21%)