

Giant Oat Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1.5 cups sugar
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup oats
- ☐ 1 teaspoon baking soda

- ☐ 0.5 teaspoon salt
- ☐ 3 cups corn flakes/bran flakes

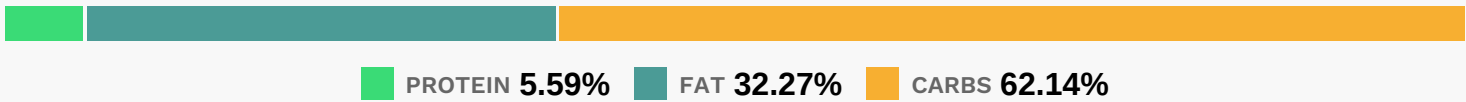
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. In large bowl, beat butter and sugar with electric mixer on medium speed until blended. Beat in oil, vanilla and eggs until well mixed. On low speed, beat in flour, oats, baking soda and salt until dough forms. Stir in cereal.
- ☐ For each cookie, roll 1/3 cup of dough into a ball; place balls 2 inches apart on 2 ungreased cookie sheets.
- ☐ Bake 9 to 11 minutes or until light brown. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely, about 20 minutes. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:21.45, Glycemic Load:32.13, Inflammation Score:-6, Nutrition Score:10.950434783636%

Nutrients (% of daily need)

Calories: 310.51kcal (15.53%), Fat: 11.44g (17.61%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 46.65g (16.96%), Sugar: 26.99g (29.99%), Cholesterol: 27.28mg (9.09%), Sodium: 298.1mg (12.96%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 4.46g (8.93%), Manganese: 0.71mg (35.64%), Folate: 100.95µg (25.24%), Iron: 3.96mg (21.97%), Selenium: 14.9µg (21.29%), Vitamin B1: 0.29mg (19.15%), Vitamin B2: 0.27mg (15.76%), Vitamin B3: 2.68mg (13.38%), Fiber: 2.93g (11.74%), Vitamin K: 11.48µg (10.93%), Phosphorus: 105.11mg (10.51%), Vitamin B6: 0.2mg (9.83%), Vitamin B12: 0.57µg (9.5%), Magnesium: 36.73mg (9.18%), Vitamin A: 458.76IU (9.18%), Zinc: 0.95mg (6.35%), Vitamin E: 0.83mg (5.56%), Copper: 0.11mg (5.31%), Vitamin B5: 0.35mg (3.47%), Vitamin D: 0.48µg (3.18%), Potassium: 107.6mg (3.07%), Calcium: 16.13mg (1.61%)