



Giant Oatmeal Drop Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 1 cup t brown sugar dark packed
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 cups oats
- ☐ 0.5 cup raisins

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons stick margarine softened
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup walnut pieces chopped

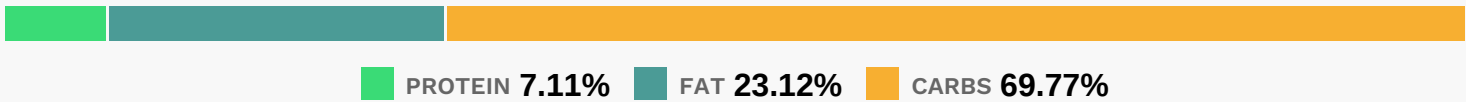
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Beat sugar and butter at medium speed of a mixer until well-blended (about 5 minutes).
- ☐ Add applesauce and egg; beat well. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, oats, soda, cinnamon, and salt.
- ☐ Add flour mixture to sugar mixture; beat at low speed until well-blended. Stir in raisins, walnuts, and vanilla. Using 3 level tablespoons per cookie, drop dough 2 inches apart onto baking sheets coated with cooking spray; flatten slightly.
- ☐ Bake at 350 for 10 to 15 minutes.
- ☐ Remove cookies from pans; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:10.86, Inflammation Score:-2, Nutrition Score:5.4282609353895%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 195.62kcal (9.78%), Fat: 5.13g (7.9%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 32.96g (11.98%), Sugar: 15.27g (16.97%), Cholesterol: 12.4mg (4.13%), Sodium: 141.53mg (6.15%), Alcohol: 0.14g (100%), Alcohol %: 0.3% (100%), Protein: 3.55g (7.1%), Manganese: 0.56mg (28.11%), Selenium: 8.03µg (11.47%), Vitamin B1: 0.16mg (10.52%), Folate: 31.42µg (7.86%), Fiber: 1.91g (7.63%), Iron: 1.36mg (7.54%), Phosphorus: 72.02mg (7.2%), Copper: 0.14mg (6.93%), Vitamin B2: 0.11mg (6.34%), Magnesium: 23.7mg (5.93%), Vitamin B3: 0.96mg (4.78%), Potassium: 131.93mg (3.77%), Zinc: 0.56mg (3.76%), Vitamin B6: 0.06mg (2.9%), Calcium: 27.63mg (2.76%), Vitamin B5: 0.25mg (2.46%), Vitamin A: 92.06IU (1.84%), Vitamin E: 0.18mg (1.21%)