



Giant Oatmeal-Raisin Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



144 kcal

DESSERT

Ingredients

- ☐ 0.8 cup apple sauce
- ☐ 0.5 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup golden raisins
- ☐ 0.3 cup butter softened
- ☐ 1 cup regular oats
- ☐ 0.5 cup pecans chopped

- ☐ 0.5 teaspoon pumpkin-pie spice
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

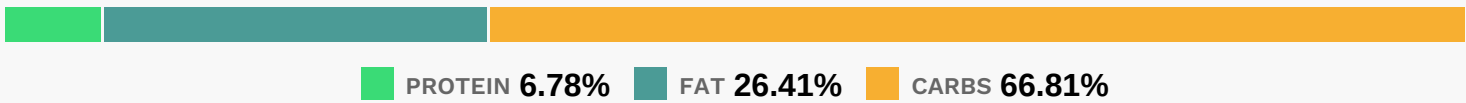
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Beat sugar and margarine in a large bowl at medium speed of a mixer until well-blended (about 4 minutes).
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add applesauce and vanilla; beat well. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, spice, and salt in a bowl.
- ☐ Add to sugar mixture, beating well. Stir in the oats, raisins, and pecans. Drop dough into 24 mounds 2 inches apart onto baking sheets coated with cooking spray.
- ☐ Bake at 375 for 14 minutes or until golden brown.
- ☐ Remove cookies from pans; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:10.49, Glycemic Load:14.94, Inflammation Score:-2, Nutrition Score:3.7047826544098%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 143.53kcal (7.18%), Fat: 4.32g (6.65%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 23.45g (8.53%), Sugar: 12.8g (14.22%), Cholesterol: 15.5mg (5.17%), Sodium: 76.65mg (3.33%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 2.5g (4.99%), Manganese: 0.32mg (16.25%), Selenium: 5.99µg (8.56%), Vitamin B1: 0.12mg (7.78%), Folate: 23.05µg (5.76%), Vitamin B2: 0.1mg (5.6%), Iron: 0.9mg (4.98%), Phosphorus: 47.57mg (4.76%), Fiber: 1.17g (4.69%), Copper: 0.08mg (4.17%), Vitamin B3: 0.76mg (3.8%), Magnesium: 12.69mg (3.17%), Potassium: 90.84mg (2.6%), Zinc: 0.38mg (2.51%), Vitamin A: 110.67IU (2.21%), Vitamin B6: 0.04mg (2.09%), Vitamin B5: 0.18mg (1.81%), Vitamin E: 0.19mg (1.26%), Calcium: 11.86mg (1.19%)