



## Giant Oatmeal-Spice Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



195 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1 cup butter softened
- 16 ounce brown sugar dark
- 2 large eggs
- 1.5 cups flour all-purpose
- 0.3 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves

- 0.5 teaspoon ground ginger
- 1 cup pecans toasted chopped
- 3 cups quick-cooking oats
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

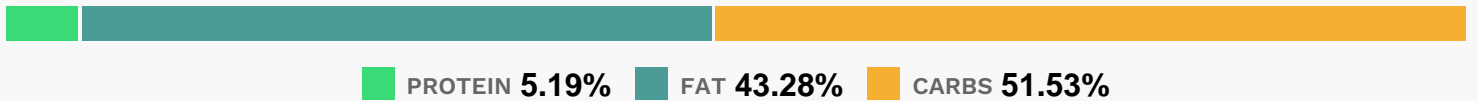
## Equipment

- baking sheet
- oven
- hand mixer

## Directions

- Stir together first 7 ingredients.
- Beat butter and sugar at medium speed with an electric mixer until fluffy.
- Add eggs and vanilla extract, beating until blended. Gradually add flour mixture, beating at low speed until blended.
- Stir in oats, chopped pecans, and if desired, raisins.
- Drop dough by 1/4 cupfuls onto lightly greased baking sheets; lightly press down dough.
- Bake, in batches, at 350 for 12 to 14 minutes. (Cookies should not be brown around the edges, and centers will not look quite done.) Cool slightly on baking sheets.
- Remove to wire racks; cool completely.

## Nutrition Facts



## Properties

Glycemic Index:5.67, Glycemic Load:6.57, Inflammation Score:-3, Nutrition Score:4.676086993969%

## Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg,

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## **Nutrients (% of daily need)**

Calories: 195.29kcal (9.76%), Fat: 9.65g (14.84%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 24.51g (8.91%), Sugar: 14.97g (16.64%), Cholesterol: 12.4mg (4.13%), Sodium: 137.75mg (5.99%), Alcohol: 0.05g (100%), Alcohol %: 0.13% (100%), Protein: 2.6g (5.21%), Manganese: 0.59mg (29.7%), Selenium: 6.24µg (8.91%), Vitamin B1: 0.12mg (7.93%), Magnesium: 29.82mg (7.46%), Phosphorus: 63.03mg (6.3%), Vitamin A: 291IU (5.82%), Fiber: 1.33g (5.3%), Iron: 0.94mg (5.21%), Copper: 0.09mg (4.64%), Folate: 16.64µg (4.16%), Vitamin B2: 0.06mg (3.74%), Zinc: 0.52mg (3.46%), Vitamin E: 0.38mg (2.55%), Vitamin B3: 0.5mg (2.52%), Calcium: 24.89mg (2.49%), Potassium: 79.69mg (2.28%), Vitamin B5: 0.19mg (1.94%), Vitamin B6: 0.03mg (1.57%)