



Ginger-Lemon Oatmeal Cookies

 Vegetarian

READY IN



20 min.

SERVINGS



15

CALORIES



189 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar
- 1 eggs
- 1 cup flour all-purpose
- 1 tablespoon ginger fresh grated
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cinnamon

- 1 tablespoon lemon zest grated
- 1 cup old-fashioned oats
- 0.5 cup pecans chopped
- 0.5 teaspoon salt
- 0.5 cup butter unsalted softened (1 stick)
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- hand mixer
- wooden spoon

Directions

- Preheat the oven to 375 degrees F.
- Cream the butter with the sugars in a medium bowl with a hand mixer until light and fluffy, about 3 minutes.
- Add the ginger, zest, vanilla and egg, and mix well.
- In a small bowl, whisk together the flour, baking powder, baking soda, cinnamon and salt, and then add to the butter mixture and mix.
- Add the oats and mix until combined. Fold in the pecans with a wooden spoon. Spoon the dough onto baking sheets lined with parchment paper and bake until golden, about 10 minutes.
- Let cool 2 minutes, and then remove from the baking sheets.

Nutrition Facts



■ PROTEIN 4.89% ■ FAT 44.15% ■ CARBS 50.96%

Properties

Glycemic Index:20.47, Glycemic Load:10.56, Inflammation Score:-2, Nutrition Score:4.0334782367167%

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, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 189.47kcal (9.47%), Fat: 9.49g (14.61%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 23.45g (8.53%), Sugar: 14.06g (15.62%), Cholesterol: 27.18mg (9.06%), Sodium: 135.85mg (5.91%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Protein: 2.37g (4.74%), Manganese: 0.44mg (21.81%), Selenium: 5.64µg (8.05%), Vitamin B1: 0.12mg (7.75%), Phosphorus: 52.33mg (5.23%), Folate: 19.57µg (4.89%), Fiber: 1.21g (4.83%), Iron: 0.84mg (4.69%), Copper: 0.09mg (4.29%), Vitamin B2: 0.07mg (4.25%), Vitamin A: 207.36IU (4.15%), Magnesium: 15.22mg (3.81%), Zinc: 0.47mg (3.14%), Vitamin B3: 0.62mg (3.08%), Calcium: 25.41mg (2.54%), Vitamin B5: 0.19mg (1.94%), Vitamin E: 0.29mg (1.92%), Potassium: 62.43mg (1.78%), Vitamin B6: 0.03mg (1.33%), Vitamin D: 0.17µg (1.15%)