



Ginger-Touched Oatmeal Peanut Butter Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 1 cup crystallized ginger chopped
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground ginger
- ☐ 1 cup peanut butter

- ☐ 1 cup rolled oats
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

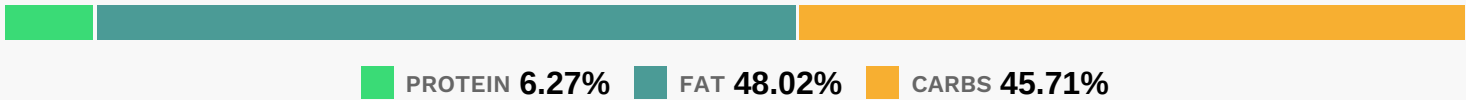
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream together the shortening, butter, brown sugar and white sugar. Beat in the eggs, peanut butter and vanilla.
- ☐ Combine the flour, baking soda, salt and ground ginger, stir into the creamed mixture. Finally, stir in the rolled oats and candied ginger. Drop by rounded teaspoonfuls onto an unprepared cookie sheet.
- ☐ Bake for 10 to 12 minutes in the preheated oven, until golden brown.
- ☐ Remove from the baking sheet to cool on wire racks. Store in an airtight container when cool.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:9.72, Inflammation Score:-2, Nutrition Score:4.7960870291876%

Nutrients (% of daily need)

Calories: 260.48kcal (13.02%), Fat: 14.27g (21.95%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 29.48g (10.72%), Sugar: 20.76g (23.07%), Cholesterol: 23.81mg (7.94%), Sodium: 273.9mg (11.91%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 4.19g (8.38%), Manganese: 0.37mg (18.44%),

Vitamin B3: 1.95mg (9.76%), Vitamin E: 1.41mg (9.39%), Selenium: 5.43µg (7.76%), Phosphorus: 67.64mg (6.76%), Folate: 26.59µg (6.65%), Magnesium: 26.1mg (6.52%), Vitamin B1: 0.09mg (6.29%), Vitamin B2: 0.08mg (4.95%), Iron: 0.85mg (4.7%), Fiber: 1.08g (4.32%), Copper: 0.08mg (3.88%), Zinc: 0.51mg (3.39%), Vitamin B6: 0.07mg (3.26%), Vitamin B5: 0.29mg (2.89%), Potassium: 100.97mg (2.88%), Vitamin A: 138.01IU (2.76%), Vitamin K: 2.74µg (2.61%), Calcium: 19.26mg (1.93%)