



Gluten Free Oatmeal Cookies



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



166 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder gluten-free
- ☐ 1 tablespoon cornstarch
- ☐ 1 large eggs
- ☐ 6 tablespoons granulated sugar
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 cup light-brown sugar packed
- ☐ 2.3 cups old-fashioned oats gluten-free divided
- ☐ 0.3 cup pecans toasted chopped

- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 8 tablespoons butter unsalted room temperature
- ☐ 1 teaspoons vanilla extract pure

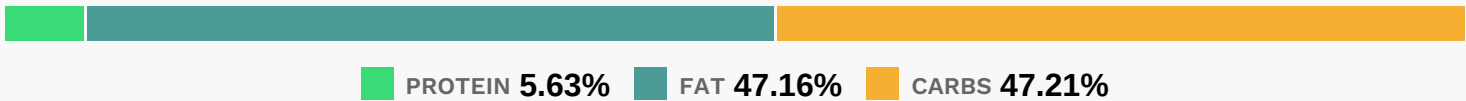
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees. In a blender or coffee grinder, process 3/4 cup oats into a fine meal.
- ☐ Whisk together ground oats, cornstarch, cinnamon, baking powder, and salt.In a large bowl, using a mixer, beat butter and sugars until light and fluffy. Beat in egg and vanilla. With mixer on low, gradually add oat mixture, beating until combined. Fold in raisins, and remaining oats.In batches, drop dough in 2-tablespoonful mounds onto a parchment-lined baking sheet, 2 inches apart.
- ☐ Bake until cookies are golden brown at edges, 15 to 18 minutes.
- ☐ Let cool on sheet on a wire rack 2 minutes, then transfer to rack and let cool completely.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:7.56, Inflammation Score:-2, Nutrition Score:4.215652141882%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg

Nutrients (% of daily need)

Calories: 166.2kcal (8.31%), Fat: 8.94g (13.76%), Saturated Fat: 4.23g (26.44%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 18.41g (6.69%), Sugar: 8.62g (9.57%), Cholesterol: 28.45mg (9.48%), Sodium: 61.23mg (2.66%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Protein: 2.4g (4.8%), Manganese: 0.58mg (29.07%), Phosphorus: 70.6mg (7.06%), Fiber: 1.74g (6.95%), Selenium: 4.82µg (6.88%), Magnesium: 21.71mg (5.43%), Vitamin B1: 0.08mg (5.15%), Copper: 0.09mg (4.64%), Iron: 0.78mg (4.31%), Vitamin A: 206.24IU (4.12%), Zinc: 0.61mg (4.08%), Vitamin B2: 0.05mg (2.76%), Potassium: 92.78mg (2.65%), Calcium: 24.57mg (2.46%), Vitamin B5: 0.22mg (2.23%), Vitamin E: 0.3mg (1.97%), Folate: 6.35µg (1.59%), Vitamin B6: 0.03mg (1.55%), Vitamin D: 0.18µg (1.19%), Vitamin B3: 0.21mg (1.06%)