



Grandma's Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



93 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup butter softened
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 2 cups cooking oats quick
- 1 cup raisins

- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup sugar white

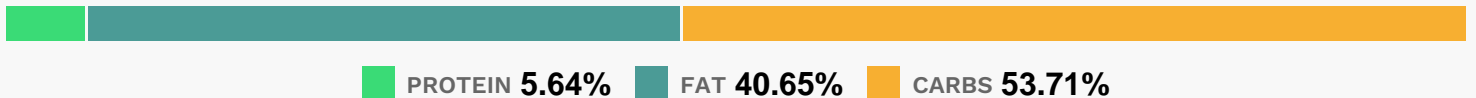
Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven

Directions

- In a small saucepan, combine raisins and enough water to cover. Bring to a boil, and remove from heat. Preheat oven to 350 degrees F (175 degrees C). Grease a cookie sheet.
- Drain plumped raisins, reserve 6 tablespoons of the liquid.
- In a large bowl, cream butter and sugar. Gradually add eggs, vanilla, and the 6 tablespoons water from the raisin pan; mix until light and fluffy. Sift together the flour, baking soda, salt, cinnamon, and nutmeg; stir into the creamed mixture. Finally, stir in the oats and raisins; mixing until just combined. Drop by rounded teaspoonfuls onto the prepared cookie sheet.
- Bake for 12 to 15 minutes in the preheated oven, edges should be golden brown.

Nutrition Facts



Properties

Glycemic Index:8.21, Glycemic Load:8.35, Inflammation Score:-1, Nutrition Score:2.1386956300424%

Nutrients (% of daily need)

Calories: 93.4kcal (4.67%), Fat: 4.33g (6.66%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 12.18g (4.43%), Sugar: 4.24g (4.72%), Cholesterol: 16.99mg (5.66%), Sodium: 81.14mg (3.53%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 1.35g (2.7%), Manganese: 0.2mg (9.87%), Selenium: 3.57µg (5.1%), Vitamin B1: 0.06mg (4.24%), Folate: 11.72µg (2.93%), Magnesium: 11.54mg (2.89%), Iron: 0.52mg (2.87%),

Phosphorus: 28.18mg (2.82%), Fiber: 0.69g (2.75%), Vitamin B2: 0.05mg (2.72%), Vitamin A: 128.22IU (2.56%),
Vitamin B3: 0.37mg (1.87%), Copper: 0.03mg (1.55%), Potassium: 46.68mg (1.33%), Zinc: 0.18mg (1.2%), Vitamin E:
0.16mg (1.04%)