



Grandma's Oatmeal Cookies



Dairy Free



Popular

READY IN



30 min.

SERVINGS



24

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 1 cup shortening
- ☐ 1 cup brown sugar
- ☐ 1 cup sugar white
- ☐ 2 large eggs well beaten
- ☐ 1 tablespoon vanilla extract
- ☐ 1.5 cup flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon baking soda

- ☐ 1 tablespoon cinnamon
- ☐ 3 cups old-fashioned rolled oats quick (we use Quaker or Old Fashioned. Do NOT use instant.)
- ☐ 0.8 cup walnuts chopped (use)
- ☐ 1 cup raisins

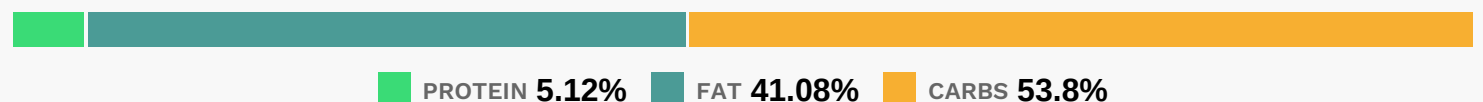
Equipment

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

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Make the cookie dough: Beat together the shortening and sugars.
- ☐ Add the eggs and vanilla extract, and beat well.
- ☐ Whisk together the flour, salt, baking soda and cinnamon.
- ☐ Add to sugar and egg mixture and mix well.
- ☐ Add a tablespoon of water.
- ☐ Add raisins (if using) and nuts.
- ☐ Add oats last.
- ☐ Bake: Spoon out by heaping tablespoonfuls on to greased cookie sheets.
- ☐ Bake at 350°F.
- ☐ Bake for 10 minutes.
- ☐ Remove to a wire rack.
- ☐ Cool completely. Cookies will keep for several days in an airtight container on the counter.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:15.07, Inflammation Score:-2, Nutrition Score:5.5873912987502%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 259.41kcal (12.97%), Fat: 12.12g (18.65%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 35.72g (11.91%), Net Carbohydrates: 33.66g (12.24%), Sugar: 17.52g (19.46%), Cholesterol: 15.5mg (5.17%), Sodium: 154.01mg (6.7%), Alcohol: 0.19g (100%), Alcohol %: 0.4% (100%), Protein: 3.4g (6.8%), Manganese: 0.63mg (31.46%), Selenium: 7.24µg (10.35%), Vitamin B1: 0.13mg (8.71%), Fiber: 2.07g (8.27%), Phosphorus: 76.04mg (7.6%), Iron: 1.23mg (6.85%), Copper: 0.14mg (6.84%), Magnesium: 24.89mg (6.22%), Folate: 23.37µg (5.84%), Vitamin B2: 0.09mg (5.42%), Vitamin K: 4.99µg (4.75%), Vitamin E: 0.65mg (4.32%), Zinc: 0.61mg (4.08%), Potassium: 131.38mg (3.75%), Vitamin B3: 0.7mg (3.51%), Vitamin B5: 0.31mg (3.07%), Vitamin B6: 0.06mg (2.81%), Calcium: 25.29mg (2.53%)