



Ground Granola Oatmeal Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



22

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups bittersweet chocolate chips dark
- ☐ 0.5 cup tightly brown sugar dark packed
- ☐ 0.5 cup very tightly brown sugar light packed
- ☐ 1 large eggs
- ☐ 1 cup cereal
- ☐ 0.8 cup granulated sugar
- ☐ 2 cups old fashioned oats

- ☐ 1 scant teaspoon salt
- ☐ 4 ounces butter unsalted room temperature (1 stick)
- ☐ 1.5 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup walnuts toasted coarsely chopped

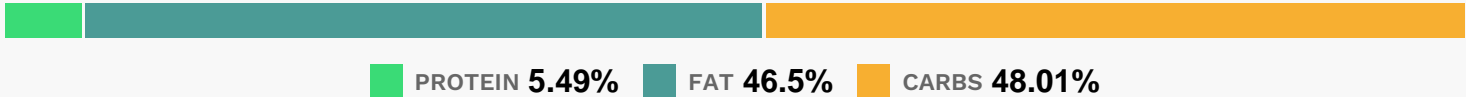
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ stand mixer

Directions

- ☐ Preheat the oven to 350 degrees F.In a food processor, grind the granola until very fine. Set aside.
- ☐ Combine the flour, baking soda, and set aside.In a large mixing bowl, beat the butter until creamy.
- ☐ Add all 3 sugars and mix just until blended, then add the egg and vanilla and mix until incorporated.
- ☐ Add the flour mixture by hand or using the lowest speed of a stand mixer. Stir in the oats, ground granola, chocolate chips and nuts.Shape dough into about 20 to 22 large balls of dough and arrange them about 3 inches apart on ungreased or parchment lined cookie sheets.
- ☐ Bake one sheet at a time for 15–17 minutes or until edges are brown and centers appear set.
- ☐ Let cool on the baking sheets for 5 minutes, then carefully transfer to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:5.91, Glycemic Load:6.53, Inflammation Score:-2, Nutrition Score:5.4991304084011%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg

Nutrients (% of daily need)

Calories: 268.89kcal (13.44%), Fat: 14.21g (21.86%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 31.15g (11.33%), Sugar: 22.08g (24.53%), Cholesterol: 19.66mg (6.55%), Sodium: 71.94mg (3.13%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 3.78g (7.55%), Manganese: 0.62mg (31.15%), Phosphorus: 86.54mg (8.65%), Copper: 0.16mg (7.99%), Fiber: 1.86g (7.42%), Magnesium: 29.35mg (7.34%), Selenium: 4.9µg (7%), Zinc: 1.01mg (6.76%), Calcium: 61.91mg (6.19%), Vitamin B1: 0.08mg (5.51%), Iron: 0.98mg (5.46%), Potassium: 167.55mg (4.79%), Vitamin E: 0.7mg (4.66%), Vitamin B2: 0.06mg (3.82%), Vitamin K: 3.67µg (3.5%), Folate: 13.36µg (3.34%), Vitamin B6: 0.07mg (3.34%), Vitamin B5: 0.29mg (2.9%), Vitamin A: 143.37IU (2.87%), Vitamin B3: 0.34mg (1.69%), Vitamin B12: 0.07µg (1.12%)