



Healthier Beth's Spicy Oatmeal Raisin Cookies

 Vegetarian

READY IN



27 min.

SERVINGS



36

CALORIES



122 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup butter softened
- 2 eggs
- 0.8 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 cup brown sugar light packed
- 1 cup raisins

Glycemic Index:8.3, Glycemic Load:5.66, Inflammation Score:-2, Nutrition Score:2.7404347787733%

Nutrients (% of daily need)

Calories: 121.53kcal (6.08%), Fat: 5.88g (9.05%), Saturated Fat: 3.41g (21.28%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 14.64g (5.32%), Sugar: 4.45g (4.95%), Cholesterol: 22.65mg (7.55%), Sodium: 109.26mg (4.75%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.96g (3.93%), Manganese: 0.3mg (15.16%), Selenium: 3.72µg (5.32%), Fiber: 1.32g (5.26%), Phosphorus: 40.08mg (4.01%), Vitamin B1: 0.06mg (3.83%), Iron: 0.65mg (3.59%), Vitamin A: 170.98IU (3.42%), Magnesium: 11.92mg (2.98%), Vitamin B2: 0.04mg (2.61%), Copper: 0.05mg (2.3%), Folate: 8.43µg (2.11%), Zinc: 0.31mg (2.08%), Potassium: 72.9mg (2.08%), Vitamin B3: 0.28mg (1.42%), Vitamin B5: 0.14mg (1.38%), Vitamin E: 0.21mg (1.37%), Calcium: 12.9mg (1.29%), Vitamin B6: 0.02mg (1.06%)