



Healthier Soft Oatmeal Cookies

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



208 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 1 cup butter softened
- 1 cup dates diced pitted
- 2 eggs
- 1 cup flour all-purpose
- 2 teaspoons ground cinnamon
- 3 cups rolled oats

- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup sugar white
- 1 cup flour whole wheat

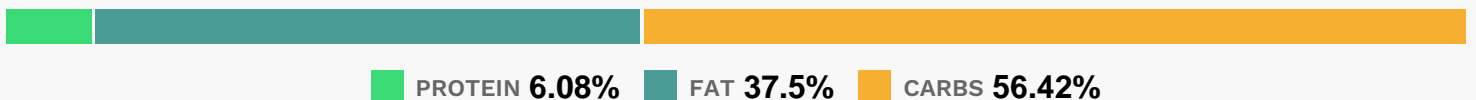
Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Beat butter, white sugar, and brown sugar with an electric mixer in a large bowl until smooth.
- Add eggs, one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in vanilla extract.
- Combine all-purpose flour, whole wheat flour, baking soda, salt, and cinnamon in a separate bowl; stir into butter mixture. Fold in oats and dates. Cover and chill dough for at least one hour.
- Preheat oven to 375 degrees F (190 degrees C). Grease two baking sheets.
- Roll dough into walnut-sized balls and place 2 inches apart onto baking sheets. Flatten each cookie with a large fork.
- Bake in preheated oven until cookies are golden brown, 8 to 10 minutes. Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:10.26, Inflammation Score:-3, Nutrition Score:5.4582608565688%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 207.76kcal (10.39%), Fat: 8.9g (13.69%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 27.83g (10.12%), Sugar: 14.89g (16.54%), Cholesterol: 33.98mg (11.33%), Sodium: 211.45mg (9.19%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 3.24g (6.49%), Manganese: 0.66mg (32.91%), Selenium: 9.3µg (13.29%), Fiber: 2.28g (9.11%), Phosphorus: 78.75mg (7.87%), Vitamin B1: 0.12mg (7.85%), Magnesium: 25.99mg (6.5%), Iron: 1.05mg (5.82%), Vitamin A: 257.72IU (5.15%), Folate: 18.22µg (4.56%), Vitamin B2: 0.07mg (4.4%), Copper: 0.09mg (4.36%), Zinc: 0.61mg (4.1%), Vitamin B3: 0.76mg (3.82%), Potassium: 118.13mg (3.38%), Vitamin B5: 0.28mg (2.79%), Vitamin B6: 0.05mg (2.63%), Vitamin E: 0.35mg (2.31%), Calcium: 21.96mg (2.2%), Vitamin K: 1.2µg (1.15%)