



Honey Oatmeal Cookies

 Vegetarian

READY IN



65 min.

SERVINGS



30

CALORIES



142 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 0.5 cup brown sugar
- 3 tablespoons butter room temperature
- 30 servings any amount of the following: dates chopped
- 1 eggs
- 0.5 cup flour
- 0.3 cup honey
- 1.5 cups rolled oats

- 0.5 teaspoon salt
- 1 tablespoon water

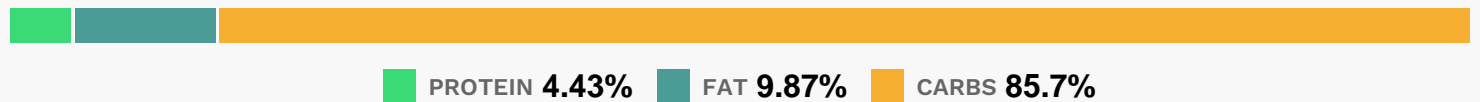
Equipment

- baking sheet
- oven
- wire rack
- blender

Directions

- Preheat oven to 350 degrees F. Grease a cookie sheet. Using a mixer with the paddle attachment, mix together the butter, brown sugar, honey, egg and water thoroughly. Sift together the dry ingredients then stir in the oats.
- Add the dry ingredients to the wet and mix.
- Add any additional ingredients you've chosen. Drop by heaping teaspoonfuls onto the cookie sheet.
- Bake 12 to 15 minutes. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.98, Glycemic Load:13.75, Inflammation Score:-1, Nutrition Score:3.2891304201406%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 142.2kcal (7.11%), Fat: 1.68g (2.58%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 29.9g (10.87%), Sugar: 24.95g (27.72%), Cholesterol: 8.47mg (2.82%), Sodium: 61.01mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Manganese: 0.25mg (12.25%), Fiber: 2.87g (11.49%), Potassium: 222.42mg (6.35%), Magnesium: 19.55mg (4.89%), Selenium: 3.31µg (4.73%), Copper: 0.08mg

(4.23%), Phosphorus: 40.97mg (4.1%), Iron: 0.64mg (3.55%), Vitamin B1: 0.05mg (3.42%), Vitamin B6: 0.06mg (2.96%), Folate: 11.63µg (2.91%), Vitamin B3: 0.56mg (2.79%), Vitamin B2: 0.04mg (2.63%), Vitamin B5: 0.26mg (2.62%), Zinc: 0.28mg (1.85%), Calcium: 18.53mg (1.85%)