

Iowa City Oatmeal Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



112 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 cup butter
- 1 eggs
- 0.5 cup flour all-purpose
- 2 cups rolled oats
- 0.5 cup semi chocolate chips
- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped

- 0.5 cup wheat chex
- 0.5 cup granulated sugar white
- 0.5 cup flour whole wheat

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a medium bowl, cream the butter, brown sugar, and white sugar. Beat in the egg, and vanilla. Sift together the flour, whole wheat flour, and baking soda; stir into the creamed mixture. Then stir in the oatmeal, chocolate chips, walnuts, and cereal. Drop by heaping teaspoonfuls onto the prepared cookie sheets.
- Bake for 10 minutes in the preheated oven. Cool on wire racks.

Nutrition Facts



PROTEIN 6.63% **FAT 39.63%** **CARBS 53.74%**

Properties

Glycemic Index:7.09, Glycemic Load:3.96, Inflammation Score:-2, Nutrition Score:4.7478259957355%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 112.33kcal (5.62%), Fat: 5.12g (7.88%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 14.21g (5.17%), Sugar: 7.12g (7.91%), Cholesterol: 11.48mg (3.83%), Sodium: 72.8mg (3.17%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 1.93g (3.86%), Vitamin D: 2.82µg (18.8%), Manganese: 0.33mg (16.72%), Folate: 35.61µg (8.9%), Iron: 1.59mg (8.83%), Fiber: 1.41g (5.63%), Selenium: 3.67µg (5.24%), Phosphorus: 52.21mg (5.22%), Vitamin B1: 0.08mg (5.06%), Zinc: 0.72mg (4.82%), Magnesium: 19.14mg (4.79%), Copper: 0.09mg (4.33%), Vitamin B2: 0.06mg (3.47%), Vitamin B3: 0.63mg (3.15%), Vitamin B6: 0.06mg (3%), Vitamin A: 122.06IU (2.44%), Vitamin B12: 0.13µg (2.09%), Potassium: 64.17mg (1.83%), Calcium: 17.32mg (1.73%), Vitamin B5: 0.11mg

(1.11%)