



Katrina's Mom's Crisp Oatmeal Cookies

 Dairy Free

READY IN



22 min.

SERVINGS



28

CALORIES



145 kcal

DESSERT

Ingredients

- ☐ 4.5 oz all purpose flour
- ☐ 0.5 t baking soda
- ☐ 1 cup brown sugar
- ☐ 1 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 3 cups old fashioned oats
- ☐ 1 t salt
- ☐ 0.8 cup shortening (I used Spectrum non-hydrogenated)

- ☐ 1 t vanilla
- ☐ 0.3 cup water
- ☐ 0.5 cup sugar white

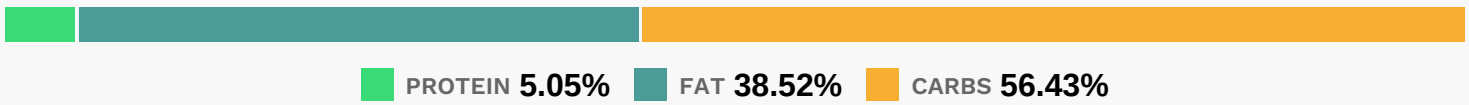
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Beat first 6 ingredients (shortening through vanilla) together in a mixing bowl.
- ☐ Combine flour, salt, cinnamon and soda and sift (I didn't sift). Stir dry ingredients into creamed mixture. Stir in oats. Grease cookie sheets, although parchment probably takes care of that. Drop by rounded teaspoonfuls spacing 2 inches apart and bake at 350 F for 12-15 min.

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:7.01, Inflammation Score:-1, Nutrition Score:3.0586956713511%

Nutrients (% of daily need)

Calories: 144.82kcal (7.24%), Fat: 6.28g (9.67%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 19.67g (7.15%), Sugar: 11.31g (12.57%), Cholesterol: 6.64mg (2.21%), Sodium: 111.26mg (4.84%), Alcohol: 0.05g (100%), Alcohol %: 0.19% (100%), Protein: 1.85g (3.71%), Manganese: 0.37mg (18.26%), Selenium: 4.72µg (6.75%), Vitamin B1: 0.08mg (5.17%), Phosphorus: 44.44mg (4.44%), Fiber: 1.04g (4.15%), Iron: 0.68mg (3.78%), Magnesium: 14mg (3.5%), Folate: 12.04µg (3.01%), Vitamin K: 3.14µg (2.99%), Vitamin B2: 0.05mg (2.65%), Vitamin E: 0.4mg (2.64%), Zinc: 0.38mg (2.51%), Copper: 0.05mg (2.33%), Vitamin B5: 0.19mg (1.93%), Vitamin B3: 0.38mg (1.89%), Potassium: 49.86mg (1.42%), Calcium: 13.66mg (1.37%)