



Kitchen Sink Oatmeal Cookies



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



48

CALORIES



60 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup chocolate chips
- ☐ 1 large eggs
- ☐ 0.8 cup flour gluten-free
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups oats gluten-free

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.3 cup walnut pieces chopped

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, cinnamon, and salt in a bowl, stirring with a whisk.
- ☐ Place butter and sugars in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add egg, beating well.
- ☐ Add flour mixture; beat. Stir in oats, chocolate chips, and nuts.
- ☐ Drop dough by 2 level teaspoonfuls onto a baking sheet lined with parchment paper.
- ☐ Bake at 350 for 10 minutes.
- ☐ Remove cookies from pan; cool on wire racks.
- ☐ Tip: Choose your brand of chocolate chips carefully. Read the label to make sure you select a truly safe gluten-free option.

Nutrition Facts



 PROTEIN **4.95%**  FAT **45.87%**  CARBS **49.18%**

Properties

Glycemic Index:2.81, Glycemic Load:1.32, Inflammation Score:-1, Nutrition Score:0.99347826360684%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg

Nutrients (% of daily need)

Calories: 60.42kcal (3.02%), Fat: 3.18g (4.9%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 7.18g (2.61%), Sugar: 4.44g (4.94%), Cholesterol: 8.96mg (2.99%), Sodium: 26.07mg (1.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Manganese: 0.12mg (5.92%), Fiber: 0.5g (2%), Selenium: 1.14µg (1.63%), Phosphorus: 15.23mg (1.52%), Vitamin A: 64.9IU (1.3%), Iron: 0.23mg (1.28%), Magnesium: 4.85mg (1.21%), Copper: 0.02mg (1.1%)