



## Loaded Oatmeal Cookies

READY IN



50 min.

SERVINGS



48

CALORIES



178 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 3 cups confectioners' sugar sifted
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 1 teaspoon ground ginger
- ☐ 1.5 cups brown sugar light packed
- ☐ 1 teaspoon nutmeg freshly ground
- ☐ 2.5 cups quick-cooking oatmeal
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 stick butter salted
- ☐ 1 stick butter salted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable shortening
- ☐ 1.5 cups walnuts chopped

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

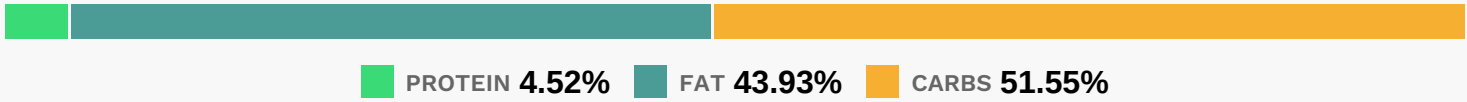
## Directions

- ☐ Preheat the oven to 35
- ☐ Grease 1 or more cookie sheets.
- ☐ Using a mixer, cream the butter, shortening and brown sugar.
- ☐ Add the eggs and beat until the mixture is light in color.
- ☐ Add the buttermilk.
- ☐ Sift together the flour, baking soda, salt, baking powder, ginger, nutmeg, cinnamon, cloves and allspice in another bowl; stir the dry ingredients into the butter mixture. Fold in the oatmeal, raisins, walnuts and vanilla. Drop by heaping teaspoonfuls, 2 inches apart, onto cookie sheets.
- ☐ Bake until lightly browned, 12 to 15 minutes.

- ☐
- Meanwhile, prepare the icing: In a small saucepan, heat the butter over medium heat until golden brown, stirring occasionally.

☐☐

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:5.52, Inflammation Score:-2, Nutrition Score:3.477826104216%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 178.4kcal (8.92%), Fat: 8.99g (13.83%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 22.72g (8.26%), Sugar: 14.33g (15.92%), Cholesterol: 18.15mg (6.05%), Sodium: 95.09mg (4.13%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 2.08g (4.16%), Manganese: 0.38mg (19.02%), Selenium: 4.11µg (5.87%), Vitamin B1: 0.08mg (5.15%), Magnesium: 20.58mg (5.14%), Phosphorus: 48.88mg (4.89%), Copper: 0.1mg (4.82%), Fiber: 1.02g (4.06%), Iron: 0.71mg (3.95%), Folate: 14.73µg (3.68%), Vitamin B2: 0.06mg (3.27%), Vitamin A: 134.07IU (2.68%), Calcium: 23.74mg (2.37%), Potassium: 79.06mg (2.26%), Zinc: 0.33mg (2.22%), Vitamin E: 0.32mg (2.16%), Vitamin B3: 0.4mg (1.99%), Vitamin B6: 0.04mg (1.97%), Vitamin K: 1.75µg (1.67%), Vitamin B5: 0.14mg (1.43%)