



Loaded Oatmeal-Raisin Cookies

 Vegetarian

READY IN



90 min.

SERVINGS



46

CALORIES



149 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1.3 cups brown sugar packed
- 2 large eggs
- 1.8 cups flour all-purpose
- 1 cup golden raisins
- 0.5 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg

- 2.5 cups old-fashioned rolled oats
- 0.5 teaspoon salt fine
- 1 cup coconut flakes shredded sweetened
- 16 tablespoons butter unsalted softened
- 2 teaspoons vanilla extract pure
- 1.5 cups walnut halves roughly chopped
- 2 tablespoons milk whole

Equipment

- bowl
- baking sheet
- oven
- whisk
- hand mixer
- stand mixer

Directions

- Preheat the oven to 375 degrees F.
- Spread the walnuts on a rimmed baking sheet and toast, stirring occasionally, until golden and fragrant, about 8 minutes.
- Spread the coconut on another rimmed baking sheet and toast, stirring occasionally, until golden brown, about 5 minutes.
- Let the nuts and coconut cool. Cover the raisins with hot water in a small bowl; set aside.
- Meanwhile, whisk the flour, baking soda, cinnamon, nutmeg and salt together in a small bowl.
- Add the butter, brown sugar and granulated sugar to the bowl of a stand mixer fitted with a paddle attachment (or a large bowl if using a hand mixer) and beat on medium speed until creamy. Beat in the eggs, one at a time, until incorporated. Beat in the milk and vanilla until blended. Reduce the speed to low and gradually beat in the flour mixture. Beat in the oats, raisins, walnuts and coconut.
- Drop the dough by rounded tablespoons onto ungreased baking sheets.

Bake until golden brown, about 12 minutes, switching the positions of the baking sheets halfway through. Cool the cookies on the sheets on wire racks for 1 minute, then transfer to the racks to cool completely.

Nutrition Facts

PROTEIN 5.65% **FAT 45.42%** **CARBS 48.93%**

Properties

Glycemic Index:8.15, Glycemic Load:6.58, Inflammation Score:-2, Nutrition Score:3.4517391149117%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 148.51kcal (7.43%), Fat: 7.72g (11.88%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 17.65g (6.42%), Sugar: 10.91g (12.12%), Cholesterol: 18.63mg (6.21%), Sodium: 60.6mg (2.63%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Protein: 2.16g (4.33%), Manganese: 0.39mg (19.71%), Selenium: 4.24µg (6.05%), Copper: 0.11mg (5.41%), Vitamin B1: 0.07mg (4.87%), Phosphorus: 48.58mg (4.86%), Fiber: 1.07g (4.28%), Magnesium: 16.3mg (4.07%), Iron: 0.7mg (3.89%), Folate: 15.35µg (3.84%), Vitamin B2: 0.06mg (3.27%), Vitamin A: 135.4IU (2.71%), Zinc: 0.4mg (2.64%), Vitamin B6: 0.05mg (2.47%), Potassium: 81.64mg (2.33%), Vitamin B3: 0.43mg (2.15%), Calcium: 17.39mg (1.74%), Vitamin B5: 0.16mg (1.6%), Vitamin E: 0.2mg (1.31%)