



Low Sugar Oatmeal Raisin Cookie

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



94 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar packed
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup butter low fat
- ☐ 0.5 cup raisins chopped

- ☐ 1.3 cups rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 5 gram acesulfame potassium sweetener
- ☐ 1 teaspoon vanilla extract

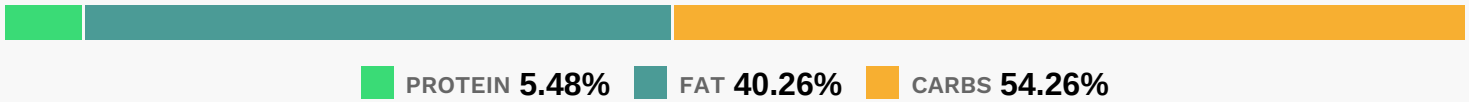
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ Sift together the flour, baking powder, cinnamon, ginger and salt, and set aside. In a medium bowl, cream together the margarine, brown sugar and sugar substitute. Stir in the egg and vanilla.
- ☐ Add sifted ingredients and stir until combined, then mix in the oats and raisins.
- ☐ Drop cookies by rounded teaspoonfuls onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on the baking sheets.

Nutrition Facts



Properties

Glycemic Index:11.28, Glycemic Load:4.42, Inflammation Score:-2, Nutrition Score:2.1947825946238%

Nutrients (% of daily need)

Calories: 93.97kcal (4.7%), Fat: 4.31g (6.64%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 12.16g (4.42%), Sugar: 4.58g (5.09%), Cholesterol: 6.82mg (2.27%), Sodium: 82.75mg (3.6%), Alcohol: 0.06g (100%), Alcohol %: 0.32% (100%), Protein: 1.32g (2.64%), Manganese: 0.21mg (10.65%), Selenium: 3.21µg (4.58%), Vitamin B1: 0.05mg (3.65%), Vitamin A: 179.2IU (3.58%), Fiber: 0.77g (3.06%), Phosphorus: 30.63mg (3.06%), Iron: 0.52mg (2.92%), Vitamin B2: 0.04mg (2.45%), Folate: 9.55µg (2.39%), Magnesium: 8.52mg (2.13%), Copper: 0.04mg (1.76%), Vitamin B3: 0.32mg (1.62%), Potassium: 56mg (1.6%), Calcium: 15.27mg (1.53%), Zinc:

0.21mg (1.43%), Vitamin E: 0.19mg (1.25%), Vitamin B5: 0.1mg (1.04%)