



Maggie's Favorite Oatmeal Cookies

 Vegetarian

READY IN



120 min.

SERVINGS



100

CALORIES



56 kcal

DESSERT

Ingredients

- 1.5 cups flour
- 1 teaspoon baking soda
- 1 cup brown sugar
- 1 cup butter at room temperature
- 2 eggs beaten
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon nutmeg freshly grated

- 3 cups rolled oats instant (not)
- 0.5 cup raisins
- 1 teaspoon salt (scant)
- 2 tablespoons cocoa powder unsweetened
- 2 teaspoons vanilla extract pure
- 0.5 cup walnuts chopped
- 1 cup granulated sugar white

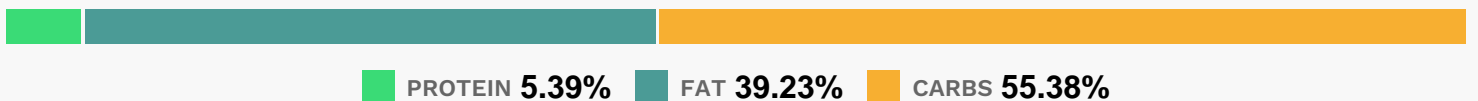
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Cream butter and both sugars together in an electric mixer and mix at medium-high speed, scraping down the sides of the bowl occasionally.
- Mix until lighter and color and texture, about 4 minutes.
- Add salt, eggs, vanilla, cloves, nutmeg, cinnamon, baking soda, and cocoa powder, and mix until well incorporated. Fold in oats and flour, then add raisins and nuts if using. Cover and chill at least 1 hour.
- Preheat oven to 325°F. Form dough into small balls and place 2 inches apart on cookie sheet.
- Bake each batch 10 to 12 minutes, let cool on cookie sheet 1 minute before placing on a rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:3.31, Inflammation Score:-1, Nutrition Score:1.2352173887193%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 56.2kcal (2.81%), Fat: 2.51g (3.87%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 7.54g (2.74%), Sugar: 4.19g (4.66%), Cholesterol: 8.15mg (2.72%), Sodium: 51.14mg (2.22%), Alcohol: 0.03g (100%), Alcohol %: 0.26% (100%), Protein: 0.78g (1.55%), Manganese: 0.14mg (6.93%), Selenium: 1.72µg (2.46%), Vitamin B1: 0.03mg (1.95%), Phosphorus: 17.72mg (1.77%), Fiber: 0.44g (1.75%), Iron: 0.28mg (1.53%), Copper: 0.03mg (1.48%), Magnesium: 5.83mg (1.46%), Folate: 5.35µg (1.34%), Vitamin A: 61.68IU (1.23%), Vitamin B2: 0.02mg (1.22%)