



Mama's Chewy Oatmeal Cookies

READY IN



25 min.

SERVINGS



48

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups brown sugar packed
- ☐ 1 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 4 cups cooking oats quick
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 teaspoon vanilla extract

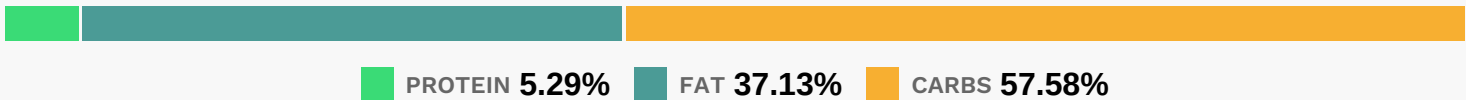
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Beat brown sugar, shortening, milk, egg, and vanilla extract in a bowl until mixture is creamy. Stir oats, flour, baking soda, and salt into moist ingredients. Drop dough by spoonful onto ungreased baking sheets.
- ☐ Bake in the preheated oven until cookies are lightly golden brown, 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:5.13, Inflammation Score:-1, Nutrition Score:2.7482608789983%

Nutrients (% of daily need)

Calories: 116.81kcal (5.84%), Fat: 4.92g (7.57%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 16.42g (5.97%), Sugar: 9.1g (10.11%), Cholesterol: 3.61mg (1.2%), Sodium: 76.23mg (3.31%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.58g (3.16%), Manganese: 0.33mg (16.41%), Selenium: 4.27µg (6.09%), Magnesium: 20.4mg (5.1%), Vitamin B1: 0.07mg (4.96%), Phosphorus: 39.77mg (3.98%), Iron: 0.61mg (3.39%), Fiber: 0.76g (3.03%), Folate: 11.02µg (2.76%), Vitamin K: 2.51µg (2.39%), Vitamin B2: 0.04mg (2.19%), Vitamin E: 0.32mg (2.15%), Copper: 0.04mg (1.83%), Zinc: 0.27mg (1.8%), Vitamin B3: 0.34mg (1.69%), Calcium: 14.15mg (1.41%), Potassium: 45.2mg (1.29%), Vitamin B5: 0.13mg (1.29%)