

Margie's Shortbread Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



160 kcal

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter
- 1 cup flour all-purpose
- 3 cups rolled oats
- 0.5 teaspoon water

Equipment

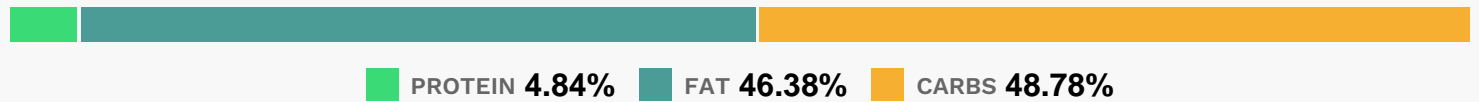
- oven

- baking pan
- cookie cutter

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Dissolve the baking soda in the water.
- Combine the oats, flour and brown sugar.
- Cut in the butter until the mixture resembles coarse crumbs. Stir in the baking soda mixture and form dough into a ball. Either roll dough out to 1/4 inch thick and cut with cookie cutters or press dough into the bottom of one 9x13 inch baking pan.
- Bake at 375 degrees F (190 degrees C) for 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:5.21, Inflammation Score:-2, Nutrition Score:3.3826086534106%

Nutrients (% of daily need)

Calories: 160.02kcal (8%), Fat: 8.38g (12.9%), Saturated Fat: 4.98g (31.14%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 18.67g (6.79%), Sugar: 9.01g (10.01%), Cholesterol: 20.34mg (6.78%), Sodium: 98.3mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Manganese: 0.41mg (20.46%), Selenium: 4.9µg (7%), Vitamin B1: 0.09mg (5.87%), Phosphorus: 49.82mg (4.98%), Vitamin A: 236.36IU (4.73%), Fiber: 1.16g (4.66%), Iron: 0.74mg (4.11%), Magnesium: 16.15mg (4.04%), Folate: 13.15µg (3.29%), Zinc: 0.42mg (2.78%), Vitamin B2: 0.04mg (2.63%), Copper: 0.05mg (2.57%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.27mg (1.77%), Potassium: 56.72mg (1.62%), Calcium: 15.93mg (1.59%), Vitamin B5: 0.16mg (1.59%)