



## Mom's Raisin Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



114 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 eggs
- 1.5 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.5 cup milk
- 1.5 cups oats quick
- 1 cup raisins

- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil

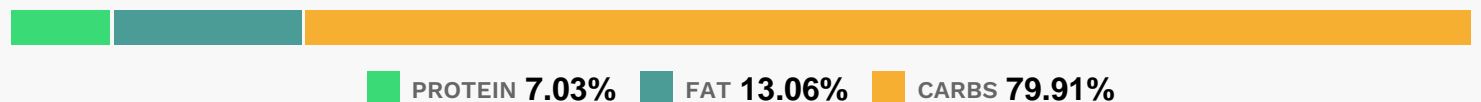
## Equipment

- baking sheet
- oven
- wire rack

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Sift the flour together with the soda, salt, and cinnamon. Stir in the oats.
- Combine the other ingredients and add them to the flour mixture, stirring thoroughly.
- Drop by tablespoonful onto ungreased cookie sheet.
- Bake 15 to 18 minutes.
- Remove to wire rack to cool.

## Nutrition Facts



## Properties

Glycemic Index:10.07, Glycemic Load:8.89, Inflammation Score:-1, Nutrition Score:3.2956521964591%

## Nutrients (% of daily need)

Calories: 114.19kcal (5.71%), Fat: 1.7g (2.62%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 22.33g (8.12%), Sugar: 9.26g (10.29%), Cholesterol: 7.43mg (2.48%), Sodium: 128.81mg (5.6%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.06g (4.13%), Manganese: 0.3mg (14.91%), Selenium: 5.18µg (7.4%), Vitamin B1: 0.1mg (6.6%), Iron: 0.85mg (4.75%), Magnesium: 18.9mg (4.73%), Phosphorus: 45.33mg (4.53%), Fiber: 1.11g (4.44%), Folate: 17.05µg (4.26%), Vitamin B2: 0.07mg (4.19%), Vitamin B3: 0.59mg (2.94%), Potassium: 99.05mg (2.83%), Copper: 0.05mg (2.71%), Calcium: 20.42mg (2.04%), Zinc: 0.28mg (1.84%), Vitamin K: 1.88µg (1.79%), Vitamin B6: 0.03mg (1.5%), Vitamin B5: 0.13mg (1.32%)