



No Bake Oatmeal Cookies

 Vegetarian  Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



24

CALORIES



116 kcal

DESSERT

Ingredients

- 0.7 cup butter softened
- 1 cup confectioners' sugar
- 2 cups rolled oats
- 3 tablespoons cocoa powder unsweetened
- 0.5 teaspoon vanilla
- 1 tablespoon water
- 0.8 cup sugar white

Equipment

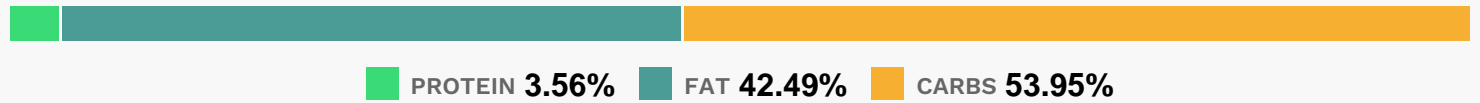
bowl

Directions

In a large bowl, combine the oats, sugar and cocoa. With clean hands, mix in the water, vanilla and butter to form a dough. Wash hands, then roll the dough into balls 1 to 2 inches in diameter.

Roll balls in confectioners' sugar until thickly coated (or they will become crusty). Chill 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:5.92, Inflammation Score:-1, Nutrition Score:1.9786956504635%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 116kcal (5.8%), Fat: 5.66g (8.71%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 15.25g (5.55%), Sugar: 11.22g (12.47%), Cholesterol: 13.56mg (4.52%), Sodium: 41.28mg (1.79%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 1.07g (2.14%), Manganese: 0.27mg (13.49%), Fiber: 0.91g (3.65%), Phosphorus: 33.81mg (3.38%), Magnesium: 12.59mg (3.15%), Vitamin A: 157.58IU (3.15%), Selenium: 2.17µg (3.1%), Copper: 0.05mg (2.55%), Vitamin B1: 0.03mg (2.13%), Iron: 0.38mg (2.12%), Zinc: 0.3mg (1.97%), Vitamin E: 0.18mg (1.17%), Potassium: 35.82mg (1.02%)