

# Oat-rageous Cookies

 Dairy Free

READY IN



20 min.

SERVINGS



27

CALORIES



166 kcal

DESSERT

## Ingredients

- 0.5 cup fries english
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.8 cup cranberries dried
- 1 eggs
- 1 cup flour all-purpose
- 1 cup oats
- 0.5 teaspoon salt

- 6 ounces semi chocolate chips
- 0.5 cup shortening
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped
- 1 tablespoon water

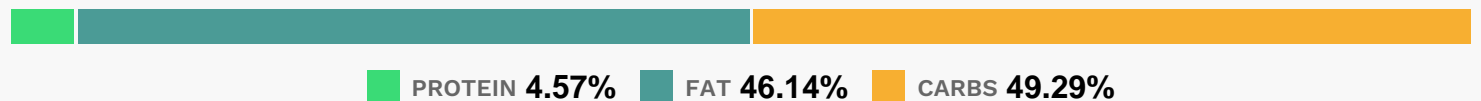
## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a large bowl, cream shortening and sugars until light and fluffy. Beat in the egg, water and vanilla.
- Combine the flour, baking soda and salt; gradually add to the creamed mixture and mix well. Stir in remaining ingredients.
- Drop by tablespoonfuls 3 in. apart onto ungreased baking sheets.
- Bake at 375° for 10–12 minutes or until lightly browned. Cool for 2 minutes before removing to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:10.9, Glycemic Load:7.04, Inflammation Score:-1, Nutrition Score:3.5204347903314%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 166.24kcal (8.31%), Fat: 8.73g (13.43%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 21g (7%), Net Carbohydrates: 19.56g (7.11%), Sugar: 12.53g (13.92%), Cholesterol: 6.44mg (2.15%), Sodium: 89.5mg (3.89%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Caffeine: 5.42mg (1.81%), Protein: 1.94g (3.89%), Manganese: 0.34mg (17.03%), Copper: 0.14mg (6.89%), Magnesium: 25.14mg (6.28%), Fiber: 1.43g (5.73%), Selenium: 3.84µg (5.49%), Iron: 0.95mg (5.27%), Phosphorus: 49.67mg (4.97%), Vitamin B1: 0.07mg (4.47%), Folate: 13.33µg (3.33%), Vitamin K: 2.9µg (2.76%), Zinc: 0.4mg (2.69%), Vitamin E: 0.4mg (2.64%), Vitamin B2: 0.04mg (2.55%), Potassium: 89.33mg (2.55%), Vitamin B3: 0.5mg (2.49%), Vitamin B6: 0.03mg (1.62%), Vitamin B5: 0.16mg (1.6%), Calcium: 13.25mg (1.33%)