



## Oatmeal Buttermilk Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



158 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar
- 0.5 cup butter softened
- 0.7 cup buttermilk
- 1 eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon

- 0.8 teaspoon nutmeg
- 1 cup raisins
- 1.5 cups rolled oats
- 0.5 cup walnut pieces chopped

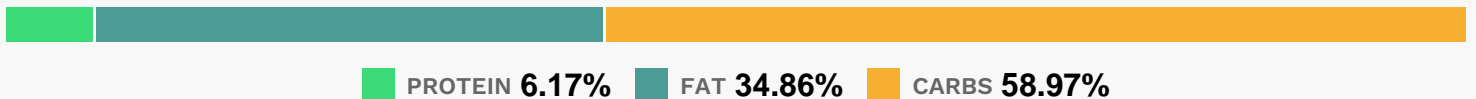
## Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, cream together the butter and brown sugar until smooth. Beat in the egg.
- Combine the flour, baking soda, nutmeg, cinnamon and allspice; stir into the sugar mixture alternately with the buttermilk.
- Mix in the oats, walnuts and raisins. Drop by rounded spoonfuls onto the prepared cookie sheet.
- Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:15.2, Glycemic Load:8.18, Inflammation Score:-2, Nutrition Score:3.8873913404734%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 157.61kcal (7.88%), Fat: 6.29g (9.67%), Saturated Fat: 2.86g (17.88%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 22.57g (8.21%), Sugar: 9.38g (10.42%), Cholesterol: 17.72mg (5.91%), Sodium: 90.43mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Manganese: 0.36mg (18.04%), Selenium: 5.24µg (7.49%), Vitamin B1: 0.1mg (6.94%), Fiber: 1.36g (5.45%), Phosphorus: 53.21mg (5.32%), Iron: 0.92mg (5.1%), Folate: 19.98µg (5%), Vitamin B2: 0.08mg (4.86%), Copper: 0.1mg (4.83%), Magnesium: 16.4mg (4.1%), Potassium: 113.17mg (3.23%), Vitamin B3: 0.64mg (3.18%), Vitamin A: 140.1IU (2.8%), Calcium: 26.55mg (2.65%), Zinc: 0.38mg (2.56%), Vitamin B6: 0.04mg (2.13%), Vitamin B5: 0.18mg (1.79%), Vitamin E: 0.18mg (1.19%)