



Oatmeal Chip Cookies

READY IN



40 min.

SERVINGS



42

CALORIES



283 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 2 cups brown sugar packed
- 2 cups butter softened
- 4 eggs
- 3 cups flour all-purpose
- 6 cups oats
- 1 teaspoon salt
- 12 ounces semi chocolate chips
- 2 cups sugar

2 teaspoons vanilla extract

Equipment

bowl

baking sheet

oven

Directions

In a large bowl, cream butter and sugars until light and fluffy. Beat in eggs and vanilla.

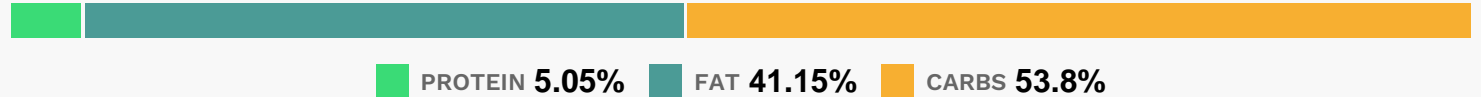
Combine the oats, flour, baking soda and salt; gradually add to creamed mixture and mix well. Stir in chocolate chips. Chill dough for 1 hour or until firm.

Roll dough into 1-1/2 in. balls; place on greased baking sheets.

Bake at 350° for 11-13 minutes or until lightly browned.

Remove from pans to wire racks.

Nutrition Facts



Properties

Glycemic Index:6.19, Glycemic Load:16.01, Inflammation Score:-4, Nutrition Score:6.2682607925457%

Nutrients (% of daily need)

Calories: 282.89kcal (14.14%), Fat: 13.18g (20.28%), Saturated Fat: 7.61g (47.59%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 36.8g (13.38%), Sugar: 22.87g (25.42%), Cholesterol: 39.31mg (13.11%), Sodium: 187.32mg (8.14%), Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.97mg (2.32%), Protein: 3.64g (7.27%), Manganese: 0.68mg (33.76%), Selenium: 9.22µg (13.18%), Magnesium: 49.18mg (12.3%), Phosphorus: 95.07mg (9.51%), Vitamin B1: 0.14mg (9.16%), Iron: 1.62mg (8.99%), Copper: 0.17mg (8.28%), Fiber: 1.98g (7.91%), Vitamin A: 296.81IU (5.94%), Folate: 22.44µg (5.61%), Vitamin B2: 0.09mg (5.11%), Zinc: 0.72mg (4.77%), Vitamin B3: 0.71mg (3.55%), Potassium: 119.74mg (3.42%), Vitamin E: 0.43mg (2.86%), Calcium: 25.59mg (2.56%), Vitamin B5: 0.24mg (2.36%), Vitamin K: 1.75µg (1.67%), Vitamin B6: 0.03mg (1.5%), Vitamin B12: 0.07µg (1.17%)