



Oatmeal-Chocolate Chip Cookies

READY IN



65 min.

SERVINGS



42

CALORIES



145 kcal

DESSERT

Ingredients

- 1.5 cups brown sugar packed
- 1 cup butter softened
- 1 teaspoon vanilla
- 1 eggs
- 2 cups oats
- 1.5 cups unbleached flour all-purpose
- 1 teaspoon baking soda
- 0.3 teaspoon salt
- 6 oz semi chocolate chips

1 cup nuts chopped

Equipment

bowl

baking sheet

oven

wire rack

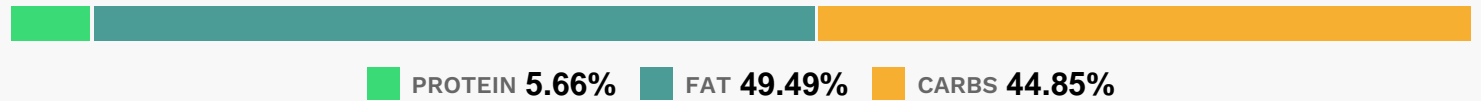
Directions

Heat oven to 350°F. In large bowl, stir brown sugar and butter until blended. Stir in vanilla and egg until light and fluffy. Stir in oats, flour, baking soda and salt; stir in chocolate chips and nuts.

Onto ungreased cookie sheet, drop dough by rounded tablespoonfuls about 2 inches apart.

Bake 10 to 12 minutes or until golden brown. Cool slightly; remove from cookie sheet to wire rack.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:3.74, Inflammation Score:-2, Nutrition Score:2.9969565390569%

Nutrients (% of daily need)

Calories: 144.64kcal (7.23%), Fat: 8.14g (12.52%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 15.49g (5.63%), Sugar: 9.2g (10.22%), Cholesterol: 15.76mg (5.25%), Sodium: 79.37mg (3.45%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.48mg (1.16%), Protein: 2.09g (4.18%), Manganese: 0.33mg (16.35%), Magnesium: 27.34mg (6.83%), Copper: 0.12mg (6.07%), Selenium: 3.9µg (5.56%), Phosphorus: 51.15mg (5.11%), Fiber: 1.1g (4.41%), Iron: 0.68mg (3.76%), Vitamin A: 143.35IU (2.87%), Zinc: 0.42mg (2.8%), Vitamin B1: 0.03mg (2.22%), Potassium: 75.06mg (2.14%), Calcium: 15.82mg (1.58%), Vitamin B3: 0.28mg (1.42%), Vitamin E: 0.21mg (1.37%), Vitamin B2: 0.02mg (1.35%), Vitamin B5: 0.13mg (1.33%), Folate: 5.16µg (1.29%), Vitamin B6: 0.02mg (1.11%)