



Oatmeal-Chocolate Chip Cookies

 Dairy Free

READY IN



65 min.

SERVINGS



42

CALORIES



145 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1.5 cups brown sugar packed
- 1 cup butter softened
- 1 eggs
- 1 cup nuts chopped
- 2 cups oats
- 0.3 teaspoon salt
- 6 oz semi chocolate chips

- 1.5 cups unbleached flour all-purpose
- 1 teaspoon vanilla

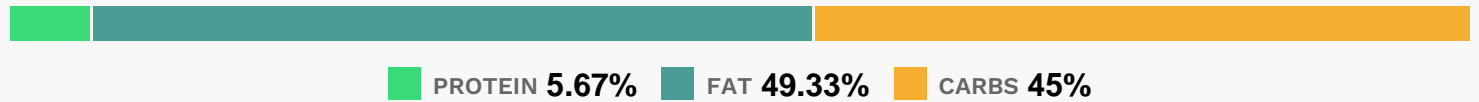
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 350F. 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:3.85, Glycemic Load:3.74, Inflammation Score:-3, Nutrition Score:3.0400000168416%

Nutrients (% of daily need)

Calories: 144.74kcal (7.24%), Fat: 8.11g (12.47%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 15.54g (5.65%), Sugar: 9.19g (10.21%), Cholesterol: 4.14mg (1.38%), Sodium: 95.58mg (4.16%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.48mg (1.16%), Protein: 2.09g (4.19%), Manganese: 0.33mg (16.35%), Magnesium: 27.39mg (6.85%), Copper: 0.12mg (6.07%), Selenium: 3.84µg (5.49%), Phosphorus: 51.1mg (5.11%), Fiber: 1.1g (4.41%), Vitamin A: 201.61IU (4.03%), Iron: 0.68mg (3.76%), Zinc: 0.42mg (2.77%), Vitamin B1: 0.03mg (2.24%), Potassium: 76.03mg (2.17%), Vitamin E: 0.25mg (1.65%), Calcium: 16.14mg (1.61%), Vitamin B3: 0.28mg (1.41%), Vitamin B2: 0.02mg (1.35%), Vitamin B5: 0.13mg (1.31%), Folate: 5.05µg (1.26%), Vitamin B6: 0.02mg (1.13%)