



Oatmeal Chocolate Chip Cookies II

READY IN



45 min.

SERVINGS



72

CALORIES



136 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons baking soda
- ☐ 3 cups brown sugar packed
- ☐ 1.5 cups butter softened
- ☐ 4 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 5 cups rolled oats
- ☐ 2 teaspoons salt
- ☐ 1.5 cups semi chocolate chips
- ☐ 2 teaspoons vanilla extract

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3 cups flour whole wheat

Equipment

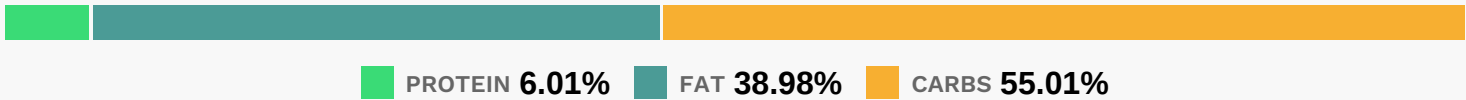
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oven

Directions

- ☐ Beat together the butter or margarine, eggs, brown sugar and vanilla.
- ☐ Add oats, flours, baking soda, salt and chocolate chips.
- ☐ Bake at 325 degrees F (170 degrees C) for 10 - 12 minutes.

Nutrition Facts



Properties

Glycemic Index:2.29, Glycemic Load:1.78, Inflammation Score:-2, Nutrition Score:3.7056521993616%

Nutrients (% of daily need)

Calories: 135.77kcal (6.79%), Fat: 6.01g (9.24%), Saturated Fat: 3.42g (21.37%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 17.64g (6.41%), Sugar: 10.37g (11.53%), Cholesterol: 19.49mg (6.5%), Sodium: 162.68mg (7.07%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Caffeine: 3.22mg (1.08%), Protein: 2.08g (4.16%), Manganese: 0.47mg (23.52%), Selenium: 6.23µg (8.91%), Phosphorus: 57.97mg (5.8%), Fiber: 1.43g (5.71%), Magnesium: 22.64mg (5.66%), Copper: 0.1mg (4.84%), Iron: 0.81mg (4.48%), Vitamin B1: 0.06mg (4.02%), Zinc: 0.48mg (3.19%), Vitamin A: 133.71IU (2.67%), Potassium: 77.6mg (2.22%), Vitamin B2: 0.04mg (2.12%), Vitamin B3: 0.41mg (2.04%), Vitamin B6: 0.04mg (1.79%), Folate: 6.97µg (1.74%), Calcium: 17.25mg (1.72%), Vitamin B5: 0.16mg (1.63%), Vitamin E: 0.22mg (1.45%)