



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

3 cups flour whole wheat

Equipment

oven

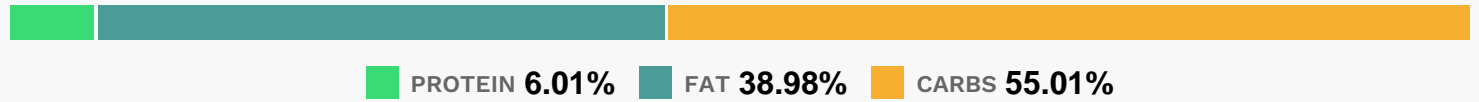
Directions

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%)