



Oatmeal-Chocolate Chip Monster Cookies

READY IN



15 min.

SERVINGS



15

CALORIES



428 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup firmly brown sugar light packed
- 1 cup butter softened
- 11.5 ounce semisweet chocolate chunks dark
- 2 large eggs
- 2 cups flour all-purpose
- 2 cups old-fashioned oats
- 0.5 teaspoon salt
- 0.8 cup sugar

1 tablespoon vanilla extract

Equipment

bowl

baking sheet

baking paper

oven

hand mixer

Directions

Preheat oven to 32

Line 2 baking sheets with parchment paper.

Beat butter and sugars at medium speed with an electric mixer until creamy.

Add eggs and vanilla, beating well.

Combine flour, baking soda, and salt in a bowl, stirring well. Stir in oats. Stir oat mixture into butter mixture, blending well. Stir in chocolate.

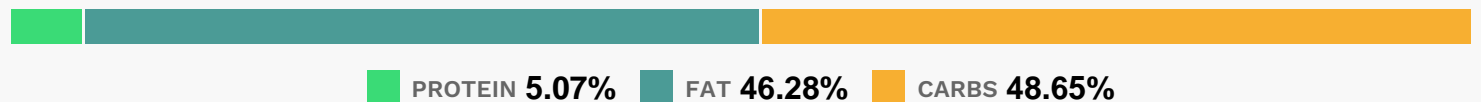
Drop batter by 1/4-cup measurements onto baking sheets. (Space cookies about 4 inches apart.) Flatten slightly.

Bake 15 minutes or until edges are browned and centers are set.

Let cool on baking sheets 3 minutes or until firm.

Transfer to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:18.68, Inflammation Score:-5, Nutrition Score:9.2552173293155%

Nutrients (% of daily need)

Calories: 428.32kcal (21.42%), Fat: 22.13g (34.05%), Saturated Fat: 12.92g (80.76%), Carbohydrates: 52.35g (17.45%), Net Carbohydrates: 49.07g (17.84%), Sugar: 28.92g (32.14%), Cholesterol: 58.64mg (19.55%), Sodium:

263.66mg (11.46%), Alcohol: 0.3g (100%), Alcohol %: 0.4% (100%), Caffeine: 18.69mg (6.23%), Protein: 5.46g (10.92%), Manganese: 0.81mg (40.28%), Selenium: 12.99µg (18.56%), Copper: 0.35mg (17.44%), Iron: 2.81mg (15.62%), Magnesium: 59.04mg (14.76%), Phosphorus: 136.16mg (13.62%), Fiber: 3.28g (13.12%), Vitamin B1: 0.19mg (12.74%), Folate: 37.66µg (9.41%), Vitamin B2: 0.15mg (8.71%), Vitamin A: 425.05IU (8.5%), Zinc: 1.19mg (7.94%), Vitamin B3: 1.31mg (6.57%), Potassium: 209.16mg (5.98%), Vitamin E: 0.6mg (4.03%), Vitamin B5: 0.39mg (3.93%), Calcium: 38.34mg (3.83%), Vitamin K: 2.91µg (2.77%), Vitamin B6: 0.04mg (2.1%), Vitamin B12: 0.12µg (2.07%)