

Oatmeal Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 6 tablespoons butter
- ☐ 1 cup raisins

- ☐ 3.5 cups rolled oats
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup walnuts chopped
- ☐ 0.5 cup sugar white

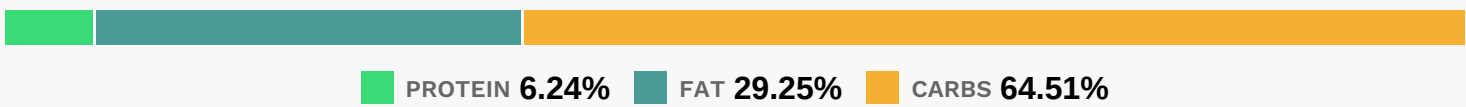
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a medium bowl, cream the margarine with the brown sugar and white sugar. Stir in the egg and vanilla. Sift together the flour, baking soda and cinnamon; add to the creamed mixture and stir until just combined. Finally, mix in the oats, raisins, pineapple and walnuts.
- ☐ Drop dough by heaping teaspoonfuls onto the prepared cookie sheet. Cookies should be about 2 inches apart.
- ☐ Bake for 10 to 12 minutes in the preheated oven. Cool for a few minutes on the cookie sheet before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:5.19, Inflammation Score:-1, Nutrition Score:2.5182608699669%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 92.92kcal (4.65%), Fat: 3.12g (4.8%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 14.43g (5.25%), Sugar: 7.33g (8.14%), Cholesterol: 3.41mg (1.14%), Sodium: 43.24mg (1.88%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.5g (3%), Manganese: 0.31mg (15.46%), Fiber: 1.06g (4.25%),

Selenium: 2.85µg (4.07%), Vitamin B1: 0.06mg (3.83%), Phosphorus: 37.7mg (3.77%), Copper: 0.07mg (3.62%), Magnesium: 13.7mg (3.43%), Iron: 0.54mg (3%), Zinc: 0.31mg (2.07%), Folate: 8.08µg (2.02%), Potassium: 70.78mg (2.02%), Vitamin B2: 0.03mg (1.96%), Vitamin B6: 0.03mg (1.47%), Vitamin A: 70.4IU (1.41%), Vitamin B3: 0.26mg (1.28%), Calcium: 12.05mg (1.21%), Vitamin B5: 0.11mg (1.08%)