

Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar
- ☐ 1 teaspoon cinnamon
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cloves
- ☐ 1.3 cups oatmeal
- ☐ 0.5 cup raisins

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted softened (1 stick)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 3 tablespoons milk whole

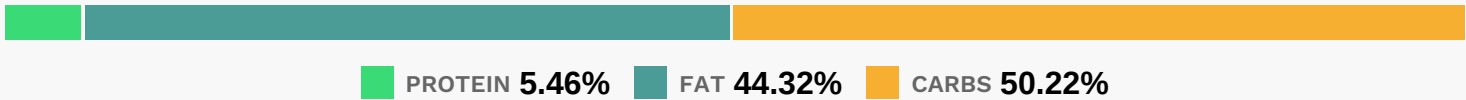
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Preheat oven to 375 F. Lightly coat a baking sheet with cooking spray. In a medium mixing bowl, combine the brown sugar and butter until well blended.
- ☐ Add the oatmeal, egg, and milk, stirring well. In a small bowl, stir together the flour, baking soda, cinnamon, cloves, and salt. Gradually add to the oatmeal mixture, stirring well. Stir in the walnuts, raisins, and vanilla. Drop the dough by tablespoonfuls, spaced about 1 inch apart, onto the baking sheet.
- ☐ Bake for 8 to 10 minutes.
- ☐ Transfer the cookies to a wire rack to cool. Repeat with the remaining dough.

Nutrition Facts



Properties

Glycemic Index:10.72, Glycemic Load:4.97, Inflammation Score:-1, Nutrition Score:2.5804347855889%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 116.81kcal (5.84%), Fat: 5.92g (9.1%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 14.32g (5.21%), Sugar: 6.89g (7.66%), Cholesterol: 17.21mg (5.74%), Sodium: 54.4mg (2.37%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.64g (3.28%), Manganese: 0.24mg (12.12%), Selenium: 3.29µg (4.7%), Vitamin B1: 0.06mg (4.26%), Copper: 0.07mg (3.51%), Folate: 13.83µg (3.46%), Iron: 0.59mg (3.3%), Phosphorus: 32.72mg (3.27%), Fiber: 0.77g (3.1%), Vitamin B2: 0.05mg (2.92%), Vitamin A: 131.92IU (2.64%), Magnesium: 10.51mg (2.63%), Vitamin B3: 0.41mg (2.05%), Potassium: 66.28mg (1.89%), Zinc: 0.28mg (1.86%), Calcium: 16.41mg (1.64%), Vitamin B6: 0.03mg (1.46%), Vitamin B5: 0.13mg (1.26%), Vitamin E: 0.17mg (1.1%)