



## Oatmeal Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



62 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 cups quick-cooking oats uncooked
- ☐ 1 teaspoon salt
- ☐ 0.8 cup shortening
- ☐ 0.5 cup sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

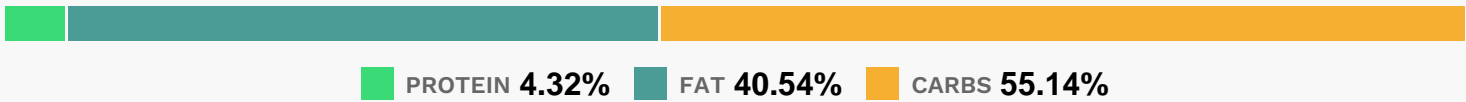
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

## Directions

- ☐ Cream shortening in a large mixing bowl; gradually add sugar, beating well.
- ☐ Add egg, water, and vanilla, beating well.
- ☐ Sift together flour, soda, and salt in a small mixing bowl; add to creamed mixture, stirring until well blended.
- ☐ Add oats, mixing well.
- ☐ Drop batter by heaping teaspoonfuls 3 inches apart onto lightly greased cookie sheets.
- ☐ Bake at 350 for 12 to 15 minutes or until lightly browned.
- ☐ Remove from cookie sheets, and let cool completely on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:3.5, Glycemic Load:3.35, Inflammation Score:-1, Nutrition Score:1.1873912905221%

## Nutrients (% of daily need)

Calories: 61.85kcal (3.09%), Fat: 2.84g (4.37%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 8.39g (3.05%), Sugar: 5.28g (5.86%), Cholesterol: 2.73mg (0.91%), Sodium: 50.24mg (2.18%), Alcohol: 0.02g (100%), Alcohol %: 0.2% (100%), Protein: 0.68g (1.36%), Manganese: 0.13mg (6.66%), Selenium: 1.9µg (2.72%), Vitamin B1: 0.03mg (2.12%), Magnesium: 8.19mg (2.05%), Phosphorus: 16.23mg (1.62%), Iron: 0.26mg (1.47%), Vitamin K: 1.46µg (1.39%), Folate: 5.06µg (1.26%), Fiber: 0.31g (1.24%), Vitamin E: 0.19mg (1.23%), Vitamin B2: 0.02mg (1.02%)