



Oatmeal Cookies with Instant Pudding Mix

READY IN



22 min.

SERVINGS



44

CALORIES



120 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butterscotch chips if desired
- ☐ 2 large eggs
- ☐ 5.7 oz flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 3.4 oz jell-o vanilla flavor pudding instant (vanilla)
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 cup brown sugar light
- ☐ 3.5 cups old fashioned quick (I used old fashioned)

- ☐ 2 sticks butter unsalted room temperature
- ☐ 0.5 teaspoon vanilla (optional – I like lots of vanilla)

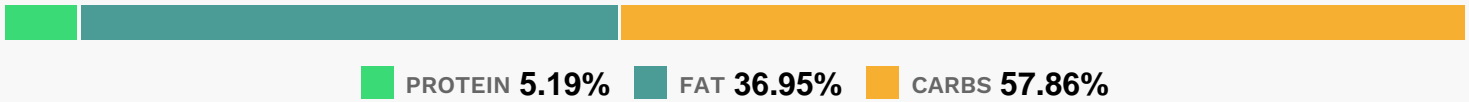
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat the oven to 375 degrees F. Line a couple of baking sheets with parchment paper.In a large mixing bowl, beat the butter until creamy.
- ☐ Add both sugars and beat until creamy. Beat in the pudding and vanilla (if using), then add the eggs and beat just until blended.In a separate bowl, mix together the flour, soda and salt. Stir flour mixture into the butter mixture until blended. Stir in the oats.Using a tablespoon, scoop up dough and roll into balls. Arrange the balls about 2 1/2 inches apart on baking sheets. Press tops down slightly.
- ☐ Bake one sheet at a time on center rack for 10 to 12 minutes or until cookies are nicely browned.
- ☐ Remove from baking sheet and let cool completely.

Nutrition Facts



Properties

Glycemic Index:4.21, Glycemic Load:4.31, Inflammation Score:-1, Nutrition Score:2.3956521736539%

Nutrients (% of daily need)

Calories: 120.06kcal (6%), Fat: 4.98g (7.66%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 16.78g (6.1%), Sugar: 9.71g (10.79%), Cholesterol: 19.85mg (6.62%), Sodium: 112.06mg (4.87%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 1.57g (3.15%), Manganese: 0.26mg (13.15%), Selenium:

3.95µg (5.65%), Vitamin B1: 0.06mg (4.01%), Phosphorus: 36.38mg (3.64%), Fiber: 0.76g (3.05%), Vitamin A: 144.49IU (2.89%), Iron: 0.52mg (2.86%), Magnesium: 10.43mg (2.61%), Folate: 10.04µg (2.51%), Vitamin B2: 0.04mg (2.44%), Zinc: 0.3mg (2%), Copper: 0.04mg (1.77%), Vitamin B3: 0.3mg (1.49%), Vitamin B5: 0.13mg (1.34%), Vitamin E: 0.18mg (1.17%), Potassium: 37.29mg (1.07%)