



Oatmeal Cookies with Raisins, Dates, and Walnuts

READY IN



45 min.

SERVINGS



48

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup t brown sugar dark packed ()
- ☐ 1 cup dates pitted chopped
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup honey

- ☐ 3 cups oats
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening room temperature
- ☐ 1 cup sugar
- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup walnut pieces chopped

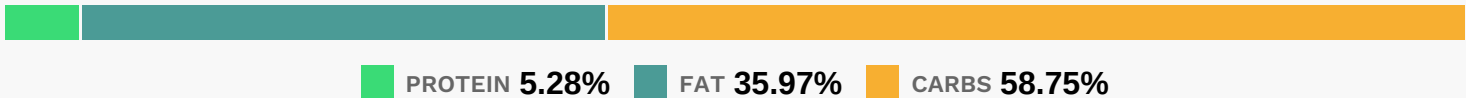
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Line 2 baking sheets with foil; butter foil. Blend first 5 ingredients in medium bowl.
- ☐ Using electric mixer, beat butter, vegetable shortening, and both sugars in large bowl until fluffy. Beat in honey, eggs, and vanilla. Gradually beat in flour mixture. Stir in oats, raisins, dates, and walnuts. Drop batter by tablespoonfuls onto prepared sheets, spacing mounds 2 inches apart. Flatten cookies slightly.
- ☐ Bake cookies until golden brown, about 10 minutes. Cool completely on sheets. (Can be made 2 days ahead. Store airtight at room temperature.)

Nutrition Facts



Properties

Glycemic Index:9.69, Glycemic Load:10.11, Inflammation Score:-2, Nutrition Score:3.2856521723063%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 149.29kcal (7.46%), Fat: 6.16g (9.47%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 21.32g (7.75%), Sugar: 12.17g (13.52%), Cholesterol: 15.38mg (5.13%), Sodium: 50.64mg (2.2%), Alcohol: 0.09g (100%), Alcohol %: 0.32% (100%), Protein: 2.03g (4.07%), Manganese: 0.33mg (16.6%), Selenium: 4.23µg (6.04%), Vitamin B1: 0.08mg (5.25%), Fiber: 1.29g (5.17%), Phosphorus: 46.1mg (4.61%), Copper: 0.09mg (4.35%), Iron: 0.73mg (4.06%), Folate: 15.38µg (3.85%), Magnesium: 15.06mg (3.77%), Vitamin B2: 0.06mg (3.37%), Potassium: 91.1mg (2.6%), Vitamin B3: 0.48mg (2.38%), Zinc: 0.35mg (2.32%), Vitamin A: 100.8IU (2.02%), Calcium: 19.18mg (1.92%), Vitamin B6: 0.04mg (1.86%), Vitamin B5: 0.16mg (1.63%), Vitamin E: 0.21mg (1.42%), Vitamin K: 1.1µg (1.05%)