



Oatmeal Craisin Cookies



Vegetarian



Popular

READY IN



45 min.

SERVINGS



48

CALORIES



118 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 cup cranberries dried
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups cooking oats quick

- ☐ 1 cup raisins
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

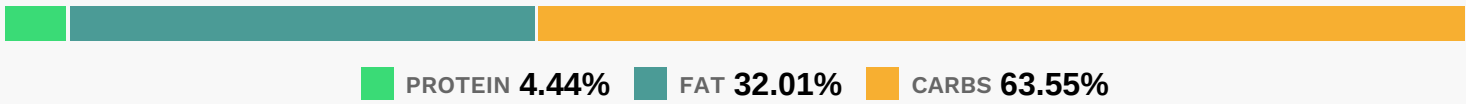
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Beat butter, sugars, eggs and vanilla for 5 minutes. In another bowl, combine oats, flour, baking soda, baking powder, and salt.
- ☐ Add to butter mixture 1 cup at a time.
- ☐ Mix in raisins and craisins.
- ☐ Drop by spoonfuls onto greased cookie sheets and bake for 12–14 minutes at 350 degrees F (175 degrees C). These freeze very well. Enjoy!!

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:8.37, Inflammation Score:-1, Nutrition Score:2.2865217522435%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 118.48kcal (5.92%), Fat: 4.35g (6.69%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 19.44g (6.48%), Net Carbohydrates: 18.64g (6.78%), Sugar: 10.52g (11.69%), Cholesterol: 16.99mg (5.66%), Sodium: 115.6mg (5.03%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.36g (2.72%), Manganese: 0.2mg (9.97%), Selenium: 3.64µg (5.2%), Vitamin B1: 0.06mg (4.25%), Fiber: 0.8g (3.19%), Iron: 0.56mg (3.13%), Phosphorus: 30.34mg

(3.03%), Magnesium: 12.04mg (3.01%), Folate: 11.75µg (2.94%), Vitamin B2: 0.05mg (2.76%), Vitamin A: 128.08IU (2.56%), Vitamin B3: 0.39mg (1.96%), Copper: 0.03mg (1.73%), Potassium: 53.82mg (1.54%), Calcium: 14.39mg (1.44%), Vitamin E: 0.21mg (1.39%), Zinc: 0.18mg (1.22%)