



Oatmeal Crispies II

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



46 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 eggs beaten
- ☐ 1 cup rolled oats
- ☐ 3 tablespoons self-rising flour
- ☐ 0.5 cup butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

Equipment

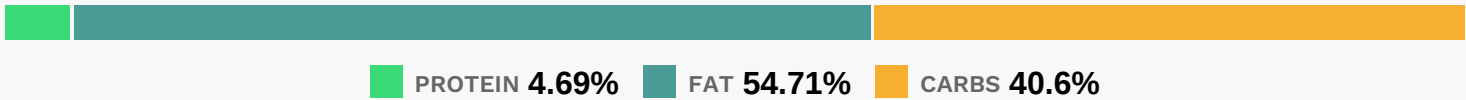
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C). Line cookie sheets with parchment paper.
- ☐ Melt butter over low heat.
- ☐ Pour into bowl and stir in the rest of the ingredients.
- ☐ Mix well.
- ☐ Drop on one inch apart by the teaspoonful onto parchment paper.
- ☐ Bake 10 to 12 minutes until light golden brown.
- ☐ Let cool on rack.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:2.73, Inflammation Score:-1, Nutrition Score:0.78434782961141%

Nutrients (% of daily need)

Calories: 46.01kcal (2.3%), Fat: 2.84g (4.37%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 4.5g (1.64%), Sugar: 2.82g (3.13%), Cholesterol: 11.33mg (3.78%), Sodium: 2.27mg (0.1%), Alcohol: 0.04g (100%), Alcohol %: 0.48% (100%), Protein: 0.55g (1.1%), Manganese: 0.09mg (4.36%), Selenium: 1.31µg (1.87%), Vitamin A: 85.4IU (1.71%), Phosphorus: 12.98mg (1.3%)