



Oatmeal-Date-Chocolate Cookies

READY IN



45 min.

SERVINGS



32

CALORIES



92 kcal

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 3 ounces bittersweet chocolate coarsely chopped
- 1 cup dates pitted chopped
- 1 eggs lightly beaten
- 0.3 cup flour all-purpose
- 0.8 cup brown sugar light packed
- 1.5 cups regular oats
- 0.5 teaspoon salt
- 6 tablespoons butter unsalted

- 1 teaspoon vanilla extract
- 0.3 cup flour whole-wheat

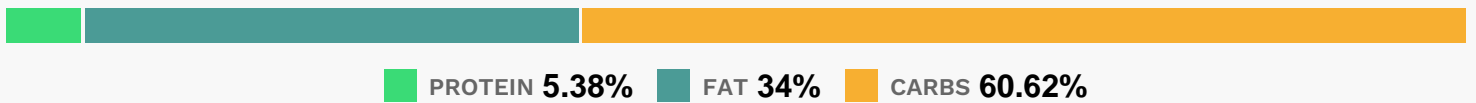
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 35
- Melt butter in a small saucepan over low heat.
- Remove from heat and add brown sugar. Stir until smooth. In a medium bowl, combine all-purpose flour, whole-wheat flour, baking soda, oats, and salt.
- Combine the butter mixture with the dry ingredients, and add egg, vanilla, and chopped dates. Fold in bittersweet chocolate.
- Mix well and spoon mixture by tablespoon-fulls out onto lightly greased (or silicone baking mat-covered) baking sheets.
- Bake for 12 minutes, until tops are dry to the touch.

Nutrition Facts



Properties

Glycemic Index:5.22, Glycemic Load:3.19, Inflammation Score:-1, Nutrition Score:2.3143478562327%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 92.48kcal (4.62%), Fat: 3.59g (5.52%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 13.26g (4.82%), Sugar: 8.96g (9.95%), Cholesterol: 10.92mg (3.64%), Sodium: 66.32mg (2.88%), Alcohol: 0.04g (100%), Alcohol %: 0.24% (100%), Protein: 1.28g (2.56%), Manganese: 0.25mg (12.46%), Selenium: 3.18µg (4.55%), Fiber: 1.13g (4.53%), Magnesium: 14.59mg (3.65%), Phosphorus: 34.78mg (3.48%), Copper: 0.07mg (3.42%), Iron: 0.54mg (3.02%), Vitamin B1: 0.04mg (2.53%), Potassium: 74.47mg (2.13%), Zinc: 0.29mg (1.9%), Vitamin B2: 0.03mg (1.53%), Vitamin A: 74.92IU (1.5%), Folate: 5.8µg (1.45%), Vitamin B3: 0.27mg (1.35%), Vitamin B5: 0.12mg (1.22%), Calcium: 11.75mg (1.18%), Vitamin B6: 0.02mg (1.13%)