



Oatmeal Dried Fruit Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



36

CALORIES



143 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1.3 cups brown sugar
- 1.3 cups butter softened
- 1 cup cranberries dried
- 1 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg

- 3 cups oats quick
- 1 teaspoon salt
- 2 teaspoons vanilla extract

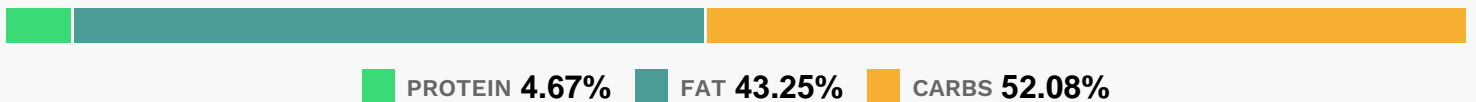
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 375 degrees F (190 degrees C)
- In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the egg, then stir in the vanilla. Sift together the flour, baking soda, salt, cinnamon and nutmeg, gradually stir into the creamed mixture. Finally, stir in the quick oats and dried fruit. Drop by rounded spoonfuls onto the unprepared cookie sheet.
- Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.97, Glycemic Load:5.46, Inflammation Score:-3, Nutrition Score:3.11913041568%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 142.77kcal (7.14%), Fat: 7.02g (10.81%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 18.04g (6.56%), Sugar: 10.01g (11.12%), Cholesterol: 4.55mg (1.52%), Sodium: 173.7mg (7.55%), Alcohol: 0.08g (100%), Alcohol %: 0.3% (100%), Protein: 1.71g (3.41%), Manganese: 0.35mg (17.57%), Selenium:

4.55µg (6.5%), Vitamin A: 288.73IU (5.77%), Vitamin B1: 0.08mg (5.28%), Magnesium: 20.71mg (5.18%), Phosphorus: 41.49mg (4.15%), Fiber: 0.99g (3.96%), Iron: 0.65mg (3.61%), Folate: 12.45µg (3.11%), Vitamin B2: 0.04mg (2.56%), Vitamin E: 0.38mg (2.53%), Copper: 0.04mg (1.99%), Vitamin B3: 0.39mg (1.97%), Zinc: 0.28mg (1.84%), Calcium: 14.32mg (1.43%), Potassium: 47.25mg (1.35%), Vitamin B5: 0.11mg (1.14%)