



Oatmeal Drop Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



72

CALORIES



74 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 0.3 cup buttermilk
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 cups cooking oats quick

- ☐ 1 cup raisins
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.8 cup walnuts chopped
- ☐ 0.5 cup sugar white

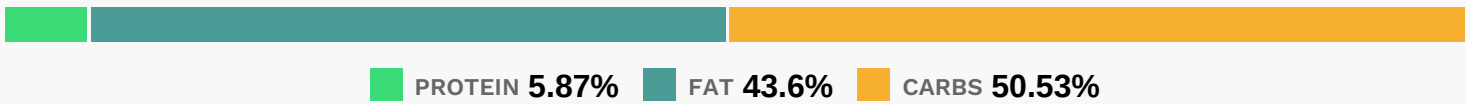
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Sift together the flour, baking soda, salt and cinnamon; stir in the oats and set aside. Grease cookie sheets.
- ☐ In a large bowl, cream together the butter, white sugar and brown sugar until light. Beat in the eggs, one at a time, then stir in the vanilla. Stir in the flour mixture alternately with the buttermilk. Fold in the raisins and walnuts. Drop by rounded spoonfuls onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven, until lightly browned. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.21, Glycemic Load:4.63, Inflammation Score:-1, Nutrition Score:1.7734782851261%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 74.37kcal (3.72%), Fat: 3.71g (5.71%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 9.13g (3.32%), Sugar: 3.75g (4.17%), Cholesterol: 11.45mg (3.82%), Sodium: 72.07mg (3.13%), Alcohol: 0.03g (100%), Alcohol %: 0.2% (100%), Protein: 1.12g (2.25%), Manganese: 0.18mg (8.85%), Selenium: 2.5µg (3.57%), Vitamin B1: 0.05mg (3.13%), Magnesium: 9.94mg (2.48%), Phosphorus: 24.04mg (2.4%), Folate: 9.08µg (2.27%), Iron: 0.4mg (2.2%), Fiber: 0.55g (2.18%), Copper: 0.04mg (2.07%), Vitamin B2: 0.03mg (2.02%), Vitamin A: 87.59IU (1.75%), Vitamin B3: 0.27mg (1.33%), Potassium: 41.1mg (1.17%), Zinc: 0.16mg (1.08%)