



## Oatmeal-Flax Chocolate Chip Cookies

READY IN



60 min.

SERVINGS



32

CALORIES



156 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar dark packed
- 2 large eggs
- 1.5 cups flour all-purpose
- 1 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 cup pre-ground flaxseed finely
- 1 cup quick-cooking oats
- 0.5 teaspoon salt

- 1 cup semi chocolate chips
- 12 tablespoons butter unsalted softened ()
- 1 teaspoon vanilla extract

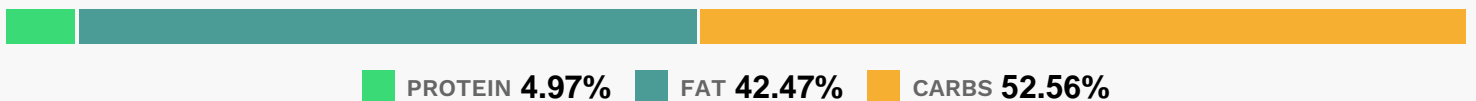
## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender

## Directions

- Preheat the oven to 350 degrees F. Line 2 baking sheets with parchment paper.
- Whisk the flour, oats, flaxseed, baking soda, salt and cinnamon in a bowl.
- Beat the butter, granulated sugar and brown sugar in a large bowl with a mixer on medium-high speed until fluffy, about 4 minutes. Beat in the eggs one at a time, beating well after each addition. Beat in the vanilla. Reduce the mixer speed to low; add the flour mixture and beat until just combined, scraping down the bowl as needed. Stir in the chocolate chips.
- Drop heaping tablespoonfuls of dough onto the prepared baking sheets, about 2 inches apart.
- Bake until golden brown, 10 to 12 minutes.
- Let the cookies cool 3 minutes on the baking sheets, then transfer to racks to cool completely.
- Photograph by Kang Kim

## Nutrition Facts



## Properties

Glycemic Index:7.72, Glycemic Load:8.57, Inflammation Score:-2, Nutrition Score:3.3234782508048%

## Nutrients (% of daily need)

Calories: 156.18kcal (7.81%), Fat: 7.49g (11.52%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 19.65g (7.15%), Sugar: 13.41g (14.9%), Cholesterol: 23.25mg (7.75%), Sodium: 78.2mg (3.4%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Caffeine: 4.84mg (1.61%), Protein: 1.97g (3.94%), Manganese: 0.26mg (13.25%), Selenium: 4.75µg (6.79%), Magnesium: 23.91mg (5.98%), Vitamin B1: 0.08mg (5.57%), Copper: 0.11mg (5.47%), Iron: 0.92mg (5.08%), Phosphorus: 48.26mg (4.83%), Fiber: 1.2g (4.82%), Folate: 14.3µg (3.58%), Vitamin B2: 0.05mg (3.18%), Vitamin A: 150.98IU (3.02%), Zinc: 0.37mg (2.49%), Vitamin B3: 0.46mg (2.32%), Potassium: 70.28mg (2.01%), Calcium: 16.45mg (1.64%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.13mg (1.33%), Vitamin B6: 0.02mg (1.03%)