



Oatmeal Icebox Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



144 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.8 cup brown sugar packed
- 1 eggs
- 1.5 cups flour all-purpose
- 0.8 cup any flavor fruit jam
- 1.5 cups rolled oats
- 1 teaspoon salt
- 0.5 cup shortening

1 tablespoon water

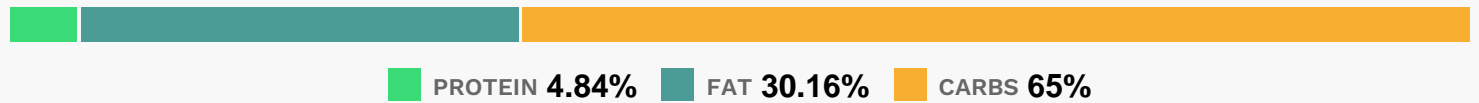
Equipment

oven

Directions

- Cream together the shortening and sugar and beat in the egg until light.
- Sift together the flour, baking powder and salt and mix into the creamed mixture. Stir in the oatmeal and water until blended.
- Roll into a 2 inch roll and chill in the refrigerator for several hours or overnight.
- Preheat the oven to 375 degrees F (190 degrees C).
- Slice cookie dough thinly and bake at 375 degrees F (190 degrees C) for 6–8 minutes. Cool and put together in sandwiches with jam.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:9.53, Inflammation Score:-1, Nutrition Score:2.9482608631901%

Nutrients (% of daily need)

Calories: 143.86kcal (7.19%), Fat: 4.86g (7.48%), Saturated Fat: 1.19g (7.47%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 22.72g (8.26%), Sugar: 11.9g (13.22%), Cholesterol: 6.82mg (2.27%), Sodium: 140.82mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Manganese: 0.25mg (12.33%), Selenium: 4.97µg (7.1%), Vitamin B1: 0.09mg (5.86%), Folate: 18.02µg (4.5%), Phosphorus: 42.44mg (4.24%), Iron: 0.75mg (4.17%), Vitamin B2: 0.06mg (3.7%), Fiber: 0.84g (3.36%), Calcium: 32.37mg (3.24%), Vitamin B3: 0.53mg (2.65%), Magnesium: 10.07mg (2.52%), Copper: 0.05mg (2.32%), Vitamin K: 2.4µg (2.29%), Vitamin E: 0.32mg (2.13%), Zinc: 0.27mg (1.81%), Vitamin B5: 0.16mg (1.59%), Potassium: 46.65mg (1.33%), Vitamin C: 0.94mg (1.13%)