



Oatmeal Jumbles

READY IN



27 min.

SERVINGS



15

CALORIES



395 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 1.5 cups brown sugar dark packed
- ☐ 0.3 cup cherries dried
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 2 cups quick-cooking oats
- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 10 tablespoon butter unsalted at room temperature
- ☐ 0.3 cup coconut or unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 6 tablespoons vegetable shortening
- ☐ 0.5 cup walnuts chopped

Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350F.
- ☐ Whisk together flour, baking soda and salt. Using an electric mixer on medium speed, beat butter, shortening and both sugars until light and fluffy, about 3 minutes. Beat in eggs and vanilla.
- ☐ With mixer on low speed, gradually add flour mixture to butter mixture. Stir in oats, then chocolate, walnuts, raisins, cherries and coconut.
- ☐ Line two rimmed baking sheets with parchment paper. Scoop dough into 2-Tbsp. balls and place several inches apart on baking sheets.
- ☐ Bake, rotating pans halfway through, until cookies are lightly browned, 10 to 12 minutes.
- ☐ Let cool for 5 minutes on baking sheets on wire racks, then transfer cookies to wire racks to cool completely. Repeat with remaining dough.

Nutrition Facts



 PROTEIN 5%  FAT 42.59%  CARBS 52.41%

Properties

Glycemic Index:19.26, Glycemic Load:17.91, Inflammation Score:-4, Nutrition Score:8.196086925009%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 395.26kcal (19.76%), Fat: 19.15g (29.46%), Saturated Fat: 8.31g (51.95%), Carbohydrates: 53.03g (17.68%), Net Carbohydrates: 50.47g (18.35%), Sugar: 30.89g (34.32%), Cholesterol: 45.09mg (15.03%), Sodium: 170.02mg (7.39%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 3.25mg (1.08%), Protein: 5.06g (10.12%), Manganese: 0.81mg (40.51%), Selenium: 11.85µg (16.93%), Vitamin B1: 0.2mg (13.01%), Magnesium: 50.21mg (12.55%), Phosphorus: 109.65mg (10.97%), Iron: 1.96mg (10.86%), Copper: 0.21mg (10.31%), Fiber: 2.56g (10.24%), Folate: 37.8µg (9.45%), Vitamin B2: 0.13mg (7.86%), Vitamin A: 343.63IU (6.87%), Vitamin B3: 1.09mg (5.47%), Zinc: 0.8mg (5.36%), Vitamin E: 0.74mg (4.94%), Potassium: 161.81mg (4.62%), Calcium: 40.73mg (4.07%), Vitamin K: 4.17µg (3.97%), Vitamin B5: 0.36mg (3.63%), Vitamin B6: 0.07mg (3.45%), Vitamin D: 0.27µg (1.82%), Vitamin B12: 0.08µg (1.37%)