



## Oatmeal Lace Cookies

READY IN



90 min.

SERVINGS



12

CALORIES



174 kcal

DESSERT

### Ingredients

- 2 ounces bittersweet chocolate finely chopped
- 1 tablespoon egg white beaten
- 0.3 cup flour all-purpose
- 1 cup rolled oats instant (not )
- 0.5 teaspoon salt
- 0.7 cup sugar
- 1 stick butter unsalted
- 1 teaspoon vanilla extract

## Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- microwave
- spatula

## Directions

- Position racks in the upper and lower thirds of the oven and preheat to 350 degrees F. Line 2 baking sheets with parchment paper.
- Melt the butter with the sugar in a saucepan over low heat, stirring, until the mixture thickens and the sugar is almost dissolved, about 5 minutes.
- Transfer to a large bowl and stir in the oats, flour, vanilla and salt.
- Let cool 10 minutes, then stir in the egg white.
- Drop 6 rounded tablespoonfuls of batter onto each prepared baking sheet, about 3 1/2 inches apart.
- Spread each mound into a 3-inch circle.
- Bake, switching the position of the pans halfway through, until golden brown, 12 to 15 minutes.
- Let cool on the baking sheets until firm, about 3 minutes, then carefully remove using a thin metal spatula and transfer to a rack to cool completely.
- Put the chocolate in a small microwave-safe bowl and microwave in 30-second intervals, stirring, until melted.
- Drizzle on the cookies and let set, about 30 minutes.
- Photograph by Johnny Miller

## Nutrition Facts



■ PROTEIN 3.76% ■ FAT 50.64% ■ CARBS 45.6%

## Properties

Glycemic Index:15.42, Glycemic Load:10.75, Inflammation Score:-2, Nutrition Score:2.9895651781041%

## Nutrients (% of daily need)

Calories: 174.34kcal (8.72%), Fat: 9.95g (15.31%), Saturated Fat: 5.96g (37.23%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 19.03g (6.92%), Sugar: 12.95g (14.39%), Cholesterol: 20.53mg (6.84%), Sodium: 101.05mg (4.39%), Alcohol: 0.11g (100%), Alcohol %: 0.4% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.66g (3.33%), Manganese: 0.33mg (16.38%), Selenium: 3.64µg (5.2%), Vitamin A: 237.68IU (4.75%), Magnesium: 18.58mg (4.64%), Copper: 0.09mg (4.6%), Phosphorus: 45.26mg (4.53%), Fiber: 1.13g (4.52%), Iron: 0.72mg (3.98%), Vitamin B1: 0.05mg (3.57%), Zinc: 0.4mg (2.67%), Vitamin B2: 0.04mg (2.16%), Vitamin E: 0.28mg (1.84%), Folate: 7.26µg (1.81%), Potassium: 59.04mg (1.69%), Vitamin B3: 0.28mg (1.38%), Vitamin B5: 0.11mg (1.14%), Vitamin K: 1.14µg (1.09%)