



Oatmeal-Pine Nut Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



48 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup firmly brown sugar light packed
- 0.3 lb butter at room temperature
- 1 large eggs
- 1 cup flour all-purpose
- 0.5 cup pinenuts
- 0.8 cup regular rolled oats
- 0.3 teaspoon salt

1 teaspoon vanilla

Equipment

bowl

baking sheet

oven

blender

spatula

Directions

In a bowl, with a mixer on medium speed, beat butter and sugar until smooth. Beat in the egg and vanilla until well blended, scraping down sides of bowl as needed. In a small bowl, stir together flour, oats, pine nuts, baking soda, and salt; stir into butter mixture until well blended. Cover and chill until cold, about 1 hour, or up to 1 day.

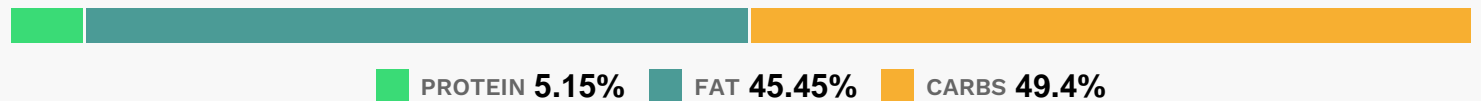
With lightly floured hands, roll dough into 1-inch balls and place about 2 inches apart on cooking parchment-lined or buttered and floured 12- by 15-inch baking sheets (see notes).

Bake in a 350 regular or convection oven until well browned, 6 to 10 minutes.

Let cookies cool completely on sheets, then remove with a wide spatula.

Serve or store airtight up to 2 days.

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:1.38, Inflammation Score:-1, Nutrition Score:1.1552173907504%

Nutrients (% of daily need)

Calories: 47.86kcal (2.39%), Fat: 2.47g (3.8%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 5.84g (2.12%), Sugar: 3.63g (4.03%), Cholesterol: 7.16mg (2.39%), Sodium: 33.3mg (1.45%), Alcohol: 0.02g (100%), Alcohol %: 0.27% (100%), Protein: 0.63g (1.26%), Manganese: 0.15mg (7.64%), Selenium: 1.33µg (1.89%), Vitamin B1: 0.03mg (1.7%), Phosphorus: 15.13mg (1.51%), Iron: 0.24mg (1.35%), Magnesium: 5.16mg (1.29%), Folate: 5µg (1.25%), Copper: 0.02mg (1.21%), Vitamin B2: 0.02mg (1.11%), Vitamin E: 0.16mg (1.09%), Vitamin A:

52.06IU (1.04%)