



## Oatmeal Pudding Cookies



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



60

CALORIES



80 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup butter shortening flavored
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 3.5 ounce vanilla pudding mix instant
- ☐ 3.5 cups rolled oats
- ☐ 0.3 cup sugar white

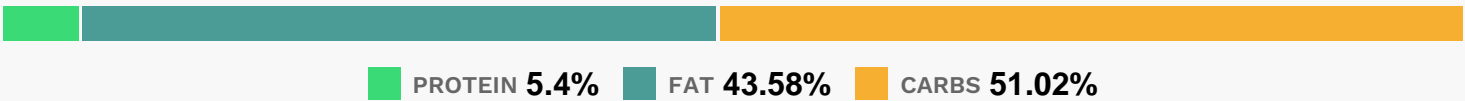
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line baking sheets with parchment paper.
- ☐ In a large bowl, cream together shortening, brown sugar, and white sugar until smooth. Blend in instant pudding, then beat in eggs until the batter is light and fluffy.
- ☐ Combine flour and baking soda; mix into the batter. Stir in oats and raisins. Dough will be stiff. Drop dough by spoonfuls onto the prepared baking sheets.
- ☐ Bake for 8 to 12 minutes in the preheated oven, or until firm. Cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:3.08, Glycemic Load:3.11, Inflammation Score:-1, Nutrition Score:1.7039130530927%

## Nutrients (% of daily need)

Calories: 79.63kcal (3.98%), Fat: 3.9g (6%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 9.72g (3.53%), Sugar: 4.87g (5.41%), Cholesterol: 5.46mg (1.82%), Sodium: 32.07mg (1.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Manganese: 0.19mg (9.59%), Selenium: 2.75µg (3.93%), Vitamin B1: 0.04mg (2.9%), Phosphorus: 25.25mg (2.53%), Fiber: 0.56g (2.23%), Iron: 0.37mg (2.06%), Magnesium: 7.52mg (1.88%), Vitamin K: 1.92µg (1.83%), Folate: 7µg (1.75%), Vitamin E: 0.25mg (1.64%), Vitamin B2: 0.03mg (1.6%), Zinc: 0.21mg (1.4%), Copper: 0.03mg (1.25%), Vitamin B5: 0.11mg (1.14%), Vitamin B3: 0.21mg (1.05%)