



## Oatmeal Pudding Cookies



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



60

CALORIES



87 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
- ☐ 1 cup raisins
- ☐ 3.5 cups rolled oats

☐ 0.3 cup sugar white

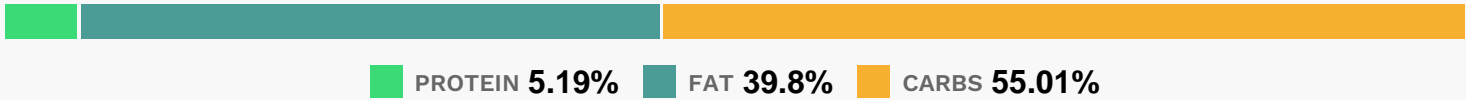
## Equipment

- ☐ 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:4.06, Glycemic Load:4.13, Inflammation Score:-1, Nutrition Score:1.866086954008%

## Nutrients (% of daily need)

Calories: 86.78kcal (4.34%), Fat: 3.91g (6.02%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 11.45g (4.16%), Sugar: 4.87g (5.41%), Cholesterol: 5.46mg (1.82%), Sodium: 32.75mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.29%), Manganese: 0.2mg (9.91%), Selenium: 2.77µg (3.95%), Vitamin B1: 0.05mg (3.08%), Fiber: 0.72g (2.89%), Phosphorus: 27.06mg (2.71%), Iron: 0.43mg (2.41%), Magnesium: 8.25mg (2.06%), Vitamin B2: 0.03mg (1.86%), Vitamin K: 1.92µg (1.83%), Folate: 7.07µg (1.77%), Vitamin E: 0.25mg (1.64%), Copper: 0.03mg (1.61%), Zinc: 0.21mg (1.43%), Potassium: 45.87mg (1.31%), Vitamin B3: 0.24mg (1.19%), Vitamin B5: 0.11mg (1.15%)