

# Oatmeal Raisin Cookie Mix

 Vegetarian

READY IN



25 min.

SERVINGS



30

CALORIES



123 kcal

DESSERT

## Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.8 cup butter softened
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 2 cups oats

- 0.8 cup raisins
- 0.5 teaspoon salt
- 0.5 cup sugar
- 1 teaspoon vanilla extract

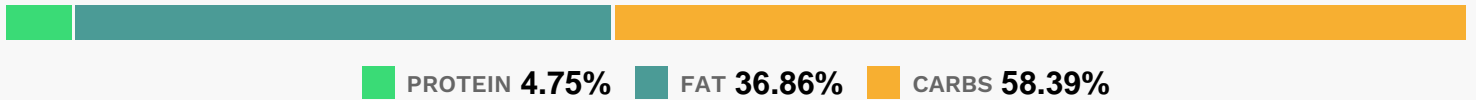
## Equipment

- bowl

## Directions

- In a bowl, combine the first five ingredients; set aside. In a 1-qt. glass container, layer brown sugar, sugar, raisins and oats, packing well between each layer. Top with reserved flour mixture. Cover and store in a cool dry place for up to 6 months.

## Nutrition Facts



## Properties

Glycemic Index:13.13, Glycemic Load:8.23, Inflammation Score:-2, Nutrition Score:2.6330435016881%

## Nutrients (% of daily need)

Calories: 123.19kcal (6.16%), Fat: 5.2g (8%), Saturated Fat: 3.04g (19.03%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 17.62g (6.41%), Sugar: 8.79g (9.76%), Cholesterol: 17.66mg (5.89%), Sodium: 116.67mg (5.07%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 1.51g (3.01%), Manganese: 0.29mg (14.38%), Selenium: 3.87µg (5.53%), Vitamin B1: 0.07mg (4.46%), Magnesium: 17.5mg (4.38%), Phosphorus: 36.58mg (3.66%), Fiber: 0.91g (3.64%), Iron: 0.61mg (3.4%), Vitamin A: 149.97IU (3%), Folate: 10.41µg (2.6%), Vitamin B2: 0.04mg (2.54%), Copper: 0.04mg (2.08%), Potassium: 65.09mg (1.86%), Vitamin B3: 0.34mg (1.71%), Zinc: 0.24mg (1.58%), Vitamin E: 0.19mg (1.26%), Calcium: 11.73mg (1.17%)