

Oatmeal Raisin Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



21

CALORIES



312 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 3 eggs
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup brown sugar light packed
- 2 cups rolled oats
- 1 cup pecans coarsely chopped
- 1 cup raisins

- 1 teaspoon salt
- 1 cup shortening
- 1 cup sugar
- 1 teaspoon vanilla extract

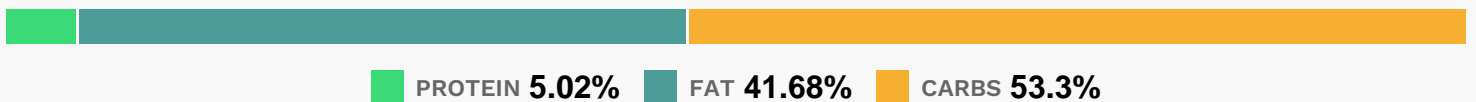
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- In a large bowl, cream the shortening and sugars until light and fluffy. Beat in eggs, one at a time, beating well after each addition. Beat in vanilla.
- Combine the flour, baking soda, salt and cinnamon.
- Add to creamed mixture, just until combined. Stir in the oats, raisins and pecans if desired.
- Shape into 1-in. balls.
- Place 2 in. apart on ungreased baking sheets. Flatten with a greased glass bottom.
- Bake at 350° for 10-11 minutes or until golden brown. Do not overbake.
- Remove to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:19.58, Inflammation Score:-2, Nutrition Score:6.6208696054376%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg,

Epigallocatechin: 0.29mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg
Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,
Epigallocatechin 3-gallate: 0.12mg

Nutrients (% of daily need)

Calories: 312.28kcal (15.61%), Fat: 14.82g (22.79%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 42.63g (14.21%),
Net Carbohydrates: 40.43g (14.7%), Sugar: 20.04g (22.27%), Cholesterol: 23.38mg (7.79%), Sodium: 230.03mg
(10%), Alcohol: 0.07g (100%), Alcohol %: 0.12% (100%), Protein: 4.01g (8.03%), Manganese: 0.66mg (33%),
Selenium: 9.63µg (13.76%), Vitamin B1: 0.2mg (13.26%), Fiber: 2.2g (8.8%), Folate: 34.12µg (8.53%), Iron: 1.53mg
(8.52%), Phosphorus: 80.22mg (8.02%), Vitamin B2: 0.14mg (7.97%), Copper: 0.15mg (7.27%), Magnesium: 24.06mg
(6.02%), Vitamin B3: 1.12mg (5.61%), Vitamin K: 5.62µg (5.35%), Vitamin E: 0.78mg (5.2%), Zinc: 0.72mg (4.8%),
Potassium: 145.63mg (4.16%), Vitamin B5: 0.38mg (3.77%), Vitamin B6: 0.05mg (2.67%), Calcium: 25.27mg (2.53%)