



Oatmeal Raisin Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



150 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 2 sticks butter at room temperature
- 2 eggs
- 0.5 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1 cup pecans chopped
- 1 cup raisins

- 2 cups old-fashioned rolled oats uncooked
- 1 teaspoon salt
- 1.5 cups unbleached flour all-purpose
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- hand mixer
- microwave

Directions

- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- Add 1/2 cup water to the pecans and raisins, then microwave for 90 seconds. Allow the raisins and pecans to sit on the counter for about 10 minutes.
- Drain the raisins and pecans and set aside.
- In a large bowl, combine the butter and the sugars and beat with an electric mixer until very creamy.
- Add the vanilla extract and eggs, and beat again until mixed.
- In a small bowl, sift together the flour, baking soda, cinnamon and salt.
- Add it to the butter mixture.
- Add the oats, raisins and pecans.
- Mix together.
- Drop heaping tablespoons of batter onto the prepared baking sheet. Leave plenty of room for the cookies to spread.
- Bake until the cookies are cooked in the middle, 10 to 12 minutes.

Remove the cookies from the oven. Cool on the baking sheet for about 3 minutes before transferring to a wire rack to cool completely.

Nutrition Facts



PROTEIN 4.82% **FAT 44.83%** **CARBS 50.35%**

Properties

Glycemic Index:8.58, Glycemic Load:7.56, Inflammation Score:-2, Nutrition Score:3.1956521933493%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 149.84kcal (7.49%), Fat: 7.68g (11.82%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 18.25g (6.63%), Sugar: 8.9g (9.88%), Cholesterol: 22.59mg (7.53%), Sodium: 142.09mg (6.18%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.86g (3.71%), Manganese: 0.35mg (17.42%), Selenium: 4.1µg (5.86%), Vitamin B1: 0.09mg (5.71%), Fiber: 1.16g (4.65%), Phosphorus: 41.37mg (4.14%), Iron: 0.7mg (3.9%), Copper: 0.08mg (3.77%), Vitamin A: 171.79IU (3.44%), Vitamin B2: 0.06mg (3.39%), Folate: 13.1µg (3.28%), Magnesium: 12.92mg (3.23%), Zinc: 0.37mg (2.49%), Potassium: 79.86mg (2.28%), Vitamin B3: 0.45mg (2.24%), Vitamin E: 0.23mg (1.55%), Vitamin B5: 0.15mg (1.51%), Calcium: 14.76mg (1.48%), Vitamin B6: 0.03mg (1.36%)