



Oatmeal Raisin Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



74 kcal

DESSERT

Ingredients

- 0.8 cup granulated sugar
- 0.3 cup brown sugar packed
- 0.5 cup butter softened
- 0.5 teaspoon vanilla
- 1 eggs
- 0.8 cup flour all-purpose
- 0.5 teaspoon baking soda
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon salt
- 1.5 cups oats
- 0.5 cup raisins
- 0.5 cup nuts chopped

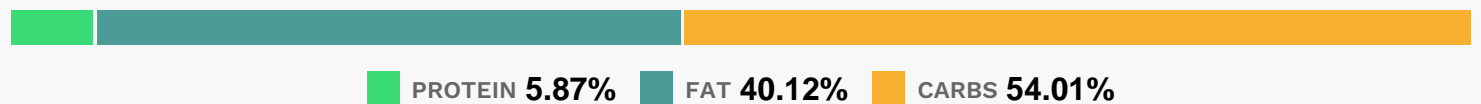
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375°F. Spray cookie sheets with cooking spray. In large bowl, combine granulated sugar, brown sugar and butter; beat until light and fluffy.
- Add vanilla and egg; blend well.
- Add flour, baking soda, cinnamon and salt; mix well. Stir in oats, raisins and nuts.
- Drop dough by rounded teaspoonfuls 2 inches apart onto sprayed cookie sheets.
- Bake at 375°F. for 7 to 10 minutes or until edges are light golden brown. Cool 1 minute; remove from cookie sheets.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:5.64, Inflammation Score:-1, Nutrition Score:1.7156521609944%

Nutrients (% of daily need)

Calories: 73.96kcal (3.7%), Fat: 3.42g (5.25%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 9.73g (3.54%), Sugar: 4.89g (5.44%), Cholesterol: 9.71mg (3.24%), Sodium: 46.96mg (2.04%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 1.12g (2.25%), Manganese: 0.18mg (9.16%), Magnesium: 13mg (3.25%), Selenium: 2.14µg (3.05%), Phosphorus: 27.22mg (2.72%), Vitamin B1: 0.04mg (2.61%), Fiber: 0.62g (2.47%), Copper: 0.04mg (2.14%), Iron: 0.38mg (2.1%), Folate: 6.51µg (1.63%), Vitamin B2: 0.03mg (1.62%), Vitamin A: 73.52IU (1.47%), Vitamin B3: 0.26mg (1.3%), Zinc: 0.19mg (1.29%), Potassium: 41.31mg (1.18%)