



Oatmeal Raisin Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



42

CALORIES



74 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.5 teaspoon cinnamon
- 1 eggs
- 0.8 cup flour all-purpose
- 0.5 cup butter softened
- 0.5 cup nuts chopped
- 1.5 cups oats

- 0.5 cup raisins
- 0.3 teaspoon salt
- 0.8 cup sugar
- 0.5 teaspoon vanilla

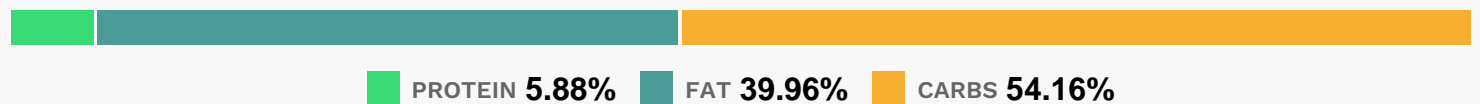
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375F. Spray cookie sheets with nonstick cooking spray. In large bowl, combine sugar, brown sugar and margarine; 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 375F. for 7 to 10 minutes or until edges are light golden brown. Cool 1 minute; remove from cookie sheets.

Nutrition Facts



Properties

Glycemic Index:7.23, Glycemic Load:5.64, Inflammation Score:-1, Nutrition Score:1.7369565111787%

Nutrients (% of daily need)

Calories: 74.01kcal (3.7%), Fat: 3.4g (5.23%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 9.75g (3.55%), Sugar: 4.89g (5.44%), Cholesterol: 3.9mg (1.3%), Sodium: 55.07mg (2.39%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 1.13g (2.25%), Manganese: 0.18mg (9.16%), Magnesium: 13.03mg (3.26%), Selenium: 2.11µg (3.02%), Phosphorus: 27.19mg (2.72%), Vitamin B1: 0.04mg (2.61%), Fiber: 0.62g (2.47%), Copper: 0.04mg (2.14%), Iron: 0.38mg (2.1%), Vitamin A: 102.65IU (2.05%), Vitamin B2: 0.03mg (1.62%), Folate: 6.45µg (1.61%), Vitamin B3: 0.26mg (1.29%), Zinc: 0.19mg (1.28%), Potassium: 41.8mg (1.19%)