



Oatmeal-Raisin Cookies

 Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



149 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.7 cup brown sugar packed
- 0.5 cup butter softened
- 2 eggs
- 1 cup flour all-purpose
- 0.7 cup granulated sugar
- 1 teaspoon ground cinnamon

- 3 cups rolled oats
- 0.5 teaspoon salt
- 1 cup semi chocolate chips chopped
- 0.5 cup shortening
- 1 teaspoon vanilla

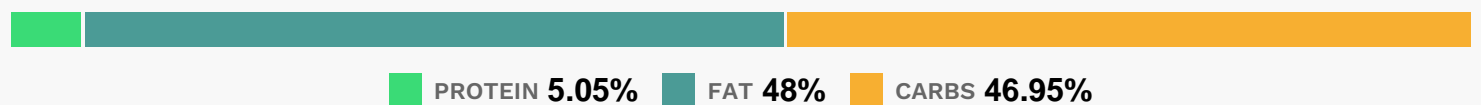
Equipment

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

Directions

- Heat oven to 375F. In large bowl, beat all ingredients except oats, flour and raisins with electric mixer on medium speed, or mix with spoon. Stir in oats, flour and raisins.
- On ungreased cookie sheet, drop dough by rounded tablespoonfuls about 2 inches apart.
- Bake 9 to 11 minutes or until light brown. Immediately remove from cookie sheet to cooling rack.

Nutrition Facts



Properties

Glycemic Index:7.84, Glycemic Load:6.07, Inflammation Score:-2, Nutrition Score:3.295217404304%

Nutrients (% of daily need)

Calories: 148.76kcal (7.44%), Fat: 8.02g (12.34%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 16.44g (5.98%), Sugar: 9.58g (10.65%), Cholesterol: 9.39mg (3.13%), Sodium: 104.07mg (4.52%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.9g (3.8%), Manganese: 0.35mg (17.43%), Selenium: 4.37µg (6.25%), Phosphorus: 51.44mg (5.14%), Magnesium: 19.71mg (4.93%), Copper: 0.1mg (4.9%), Fiber: 1.21g (4.82%), Iron: 0.85mg (4.73%), Vitamin B1: 0.06mg (4.12%), Zinc: 0.44mg (2.91%), Vitamin A:

128.64IU (2.57%), Vitamin B2: 0.04mg (2.54%), Folate: 9.74µg (2.44%), Vitamin E: 0.36mg (2.39%), Vitamin K: 2.04µg (1.95%), Potassium: 67.14mg (1.92%), Vitamin B5: 0.17mg (1.71%), Calcium: 16.75mg (1.67%), Vitamin B3: 0.33mg (1.65%)