



Oatmeal Raisin Cookies



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



24

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 teaspoon cinnamon
- ☐ 2 large eggs well beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1.5 cups raisins

- ☐ 3 cups rolled oats quick (We use Quaker or Old Fashioned. Do NOT use instant.)
- ☐ 1 teaspoon salt
- ☐ 1 Tbsp vanilla
- ☐ 0.5 cup walnuts chopped

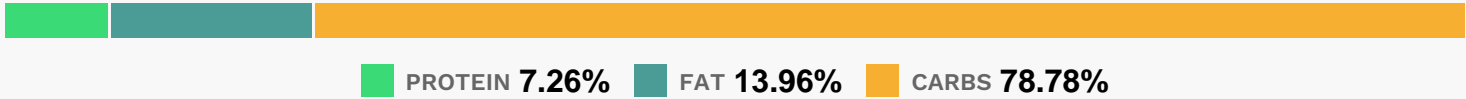
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ spatula

Directions

- ☐ Pre-heat oven to 350 degrees. Grease two large cookie sheets or line with Silpat, parchment paper or waxed paper.2 In a large mixing bowl, beat butter until creamy.
- ☐ Add sugars; beat until fluffy, about 3 minutes. Beat in eggs.
- ☐ Add vanilla.3
- ☐ Mix flour, salt, baking soda, cinnamon, and nutmeg together in medium bowl. Stir dry ingredients into butter-sugar mixture. Stir in raisins and nuts. Stir in oats.4 Spoon out dough by large tablespoonfuls onto prepared cookie sheets, leaving at least 2 inches between each cookie. 5
- ☐ Bake until cookie edges turn golden brown, 10-12 minutes. Cool 1 minute on cookie sheets. Then carefully remove them, using a metal spatula, to a wire rack. Cool completely. They will be quite soft until completely cooled. Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:14.12, Glycemic Load:14.87, Inflammation Score:-2, Nutrition Score:4.9978261343811%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 176.45kcal (8.82%), Fat: 2.81g (4.32%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 33.61g (12.22%), Sugar: 15.41g (17.12%), Cholesterol: 15.5mg (5.17%), Sodium: 154.46mg (6.72%), Alcohol: 0.19g (100%), Alcohol %: 0.47% (100%), Protein: 3.29g (6.57%), Manganese: 0.55mg (27.66%), Selenium: 7.18µg (10.26%), Vitamin B1: 0.13mg (8.55%), Fiber: 2.07g (8.27%), Phosphorus: 74.01mg (7.4%), Iron: 1.25mg (6.94%), Copper: 0.13mg (6.3%), Magnesium: 23.79mg (5.95%), Vitamin B2: 0.1mg (5.6%), Folate: 22.29µg (5.57%), Potassium: 149.96mg (4.28%), Zinc: 0.58mg (3.84%), Vitamin B3: 0.72mg (3.6%), Vitamin B6: 0.05mg (2.74%), Vitamin B5: 0.24mg (2.42%), Calcium: 22.4mg (2.24%)