



Oatmeal Raisin Cookies



Vegetarian



Popular

READY IN



32 min.

SERVINGS



24

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 1 cup butter unsalted softened ()
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup granulated sugar
- ☐ 2 large eggs
- ☐ 1 Tbsp vanilla extract
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon baking soda

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1.5 cups raisins
- ☐ 0.5 cup walnuts chopped
- ☐ 3 cups rolled oats quick (We use Quaker or Old Fashioned. Do NOT use instant.)

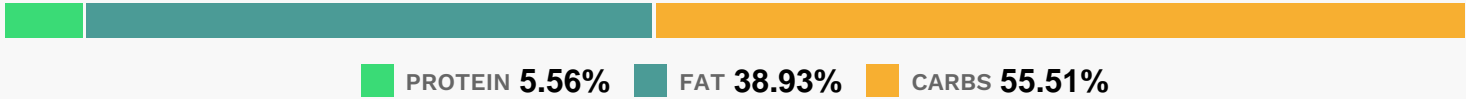
Equipment

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

Directions

- ☐ Pre-heat oven to 350°F. Grease two large cookie sheets or line with Silpat or parchment paper.
- ☐ In a large mixing bowl, beat butter until creamy.
- ☐ Add the brown sugar and white sugar, beat until fluffy, about 3 minutes. Beat in eggs, one at a time.
- ☐ Add the vanilla extract.
- ☐ Mix flour, salt, baking soda, cinnamon, and nutmeg together in medium bowl. Stir the dry ingredients into the butter-sugar mixture. Stir in the raisins and nuts. Stir in the oats.
- ☐ Spoon out the dough by large tablespoonfuls onto the prepared cookie sheets, leaving at least 2 inches between each cookie.
- ☐ Bake until the edges of the cookies turn golden brown, about 10–12 minutes. Note that the cookies will seem underdone. That's okay, they will firm up as they cool.
- ☐ 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:13.42, Inflammation Score:-3, Nutrition Score:5.4013043667959%

Flavonoids

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

Nutrients (% of daily need)

Calories: 236.25kcal (11.81%), Fat: 10.47g (16.11%), Saturated Fat: 5.29g (33.06%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 31.54g (11.47%), Sugar: 13.34g (14.82%), Cholesterol: 35.84mg (11.95%), Sodium: 131.25mg (5.71%), Alcohol: 0.19g (100%), Alcohol %: 0.41% (100%), Protein: 3.37g (6.73%), Manganese: 0.55mg (27.67%), Selenium: 7.26µg (10.38%), Vitamin B1: 0.13mg (8.58%), Fiber: 2.07g (8.27%), Phosphorus: 76.28mg (7.63%), Iron: 1.25mg (6.95%), Copper: 0.13mg (6.36%), Magnesium: 23.98mg (6%), Vitamin B2: 0.1mg (5.77%), Folate: 22.57µg (5.64%), Vitamin A: 259.64IU (5.19%), Potassium: 152.18mg (4.35%), Zinc: 0.58mg (3.89%), Vitamin B3: 0.72mg (3.62%), Vitamin B6: 0.06mg (2.76%), Vitamin B5: 0.25mg (2.53%), Calcium: 24.64mg (2.46%), Vitamin E: 0.33mg (2.2%), Vitamin D: 0.23µg (1.5%)