



Oatmeal Raisin Cookies II



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup corn oil spread
- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 1.8 cups flour all-purpose
- ☐ 1 cup golden raisins
- ☐ 1 cup cooking oats quick

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract

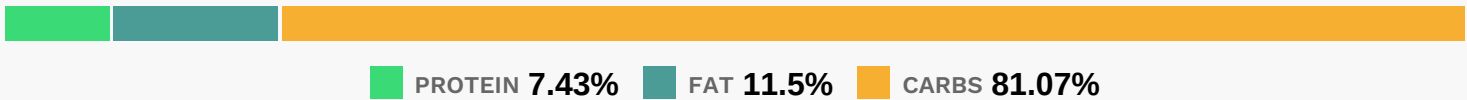
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ Preheat your oven to 375 degrees F. Spray a large cookie sheet with non-stick spray.
- ☐ In a large bowl, with a mixer set on low speed, beat corn-oil spread and brown sugar until blended. Increase speed to high; beat until well combined, about 3 minutes. At low speed, add egg whites, egg, and vanilla; beat until smooth.
- ☐ With spoon, stir in flour, oats, raisins, baking powder, and salt until combined.
- ☐ Drop dough by heaping tablespoons, about 2 inches apart, on cookie sheet. Flatten dough into 3-inch circles.
- ☐ Bake cookies 16–18 minutes or until golden brown. With a pancake turner, remove cookies to wire racks to cool for 15 minutes. Store cookies in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:12.03, Glycemic Load:8.95, Inflammation Score:-1, Nutrition Score:2.9830434963755%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 112.01kcal (5.6%), Fat: 1.46g (2.25%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 22.37g (8.13%), Sugar: 12.61g (14.01%), Cholesterol: 6.82mg (2.27%), Sodium: 52.25mg (2.27%), Alcohol: 0.11g (100%), Alcohol %: 0.39% (100%), Protein: 2.12g (4.25%), Manganese: 0.23mg (11.68%), Selenium: 5.45µg (7.79%), Vitamin B1: 0.09mg (6.08%), Folate: 19µg (4.75%), Vitamin B2: 0.08mg (4.72%), Iron: 0.81mg (4.48%), Phosphorus: 40.31mg (4.03%), Magnesium: 14.65mg (3.66%), Vitamin B3: 0.65mg (3.25%), Fiber: 0.81g (3.22%), Copper: 0.05mg (2.7%), Calcium: 24.81mg (2.48%), Potassium: 86.25mg (2.46%), Vitamin B6: 0.03mg (1.7%), Zinc: 0.22mg (1.46%), Vitamin E: 0.19mg (1.29%), Vitamin B5: 0.12mg (1.17%)