

Oatmeal Raisin Cookies III

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



152 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup butter
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup raisins

- ☐ 1 cup rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups water
- ☐ 1 cup sugar white

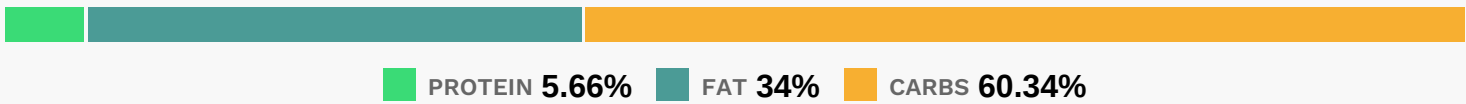
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Boil raisins for 2 to 3 minutes, reserving raisin water.
- ☐ Cream margarine and sugar.
- ☐ Add eggs, oatmeal and 9 tablespoons raisin water.
- ☐ Add flour, baking soda, spices and salt. Stir in raisins.
- ☐ Drop by a rounded teaspoonful onto cookie sheet.
- ☐ Bake 350 degrees F (175 degrees C) for 10–12 minutes.

Nutrition Facts



Properties

Glycemic Index:15.37, Glycemic Load:14.9, Inflammation Score:-2, Nutrition Score:3.2856521878553%

Nutrients (% of daily need)

Calories: 151.68kcal (7.58%), Fat: 5.87g (9.02%), Saturated Fat: 3.43g (21.46%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 22.32g (8.12%), Sugar: 8.41g (9.34%), Cholesterol: 27.2mg (9.07%), Sodium: 142.73mg (6.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Manganese: 0.25mg (12.61%), Selenium: 5.79µg (8.27%), Vitamin B1: 0.11mg (7.07%), Folate: 22.28µg (5.57%), Vitamin B2: 0.09mg (5.2%), Iron: 0.87mg (4.81%), Fiber: 1.1g (4.4%), Phosphorus: 38.59mg (3.86%), Vitamin B3: 0.73mg (3.64%), Vitamin A: 177.73IU (3.55%), Copper: 0.05mg (2.63%), Magnesium: 9.69mg (2.42%), Potassium: 80.9mg (2.31%), Zinc: 0.27mg (1.77%), Vitamin B5: 0.15mg (1.5%), Vitamin E: 0.21mg (1.41%), Vitamin B6: 0.03mg (1.31%), Calcium: 10.24mg (1.02%)