

Oatmeal Raisin Cookies IV

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



89 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter
- ☐ 3 eggs beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup pecans chopped
- ☐ 1 cup raisins

- ☐ 2 cups rolled oats
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

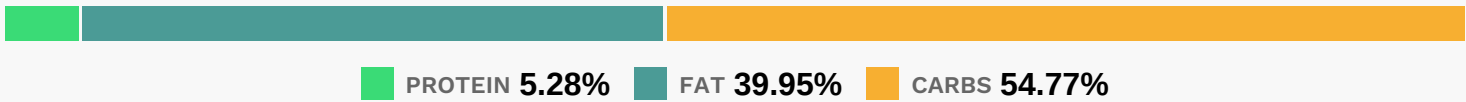
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine eggs, vanilla and raisins in a small bowl; cover and let stand for 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, cream the butter, brown sugar, and white sugar together. Sift together the flour, cinnamon, and baking soda; stir into the creamed mixture. Then stir in the raisin mixture, rolled oats, and nuts.
- ☐ Drop by teaspoonfuls onto an unprepared cookie sheet.
- ☐ Bake for 10 minutes, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:5.71, Inflammation Score:-1, Nutrition Score:1.9269565052312%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 88.52kcal (4.43%), Fat: 4.03g (6.2%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 11.79g (4.29%), Sugar: 5.85g (6.5%), Cholesterol: 13.6mg (4.53%), Sodium: 54.95mg (2.39%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 1.2g (2.4%), Manganese: 0.19mg (9.62%), Selenium: 2.84µg (4.06%), Vitamin B1: 0.06mg (3.84%), Fiber: 0.64g (2.57%), Folate: 10.05µg (2.51%), Iron: 0.45mg (2.48%), Phosphorus: 24.16mg (2.42%), Vitamin B2: 0.04mg (2.39%), Copper: 0.04mg (2.12%), Vitamin A: 89.62IU (1.79%), Magnesium: 7.08mg (1.77%), Vitamin B3: 0.33mg (1.64%), Zinc: 0.21mg (1.42%), Potassium: 43.23mg (1.24%)