



Oatmeal Raisin Cookies IX

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



73 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup canola oil
- 2 eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 cup raisins

- 4 cups rolled oats
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

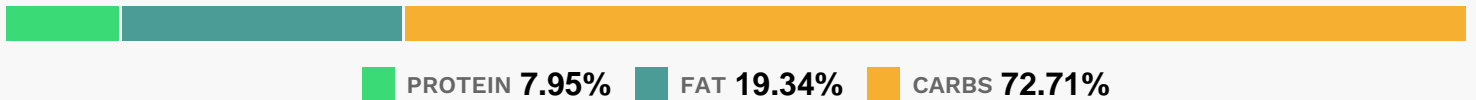
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, mix canola oil, brown sugar, eggs and vanilla until well blended.
- Combine the flour, baking soda, salt, cinnamon and nutmeg; stir into the sugar mixture.
- Mix in the oats and raisins last. Drop by rounded spoonfuls onto the prepared cookie sheet.
- Bake for 10 to 12 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.18, Glycemic Load:4.27, Inflammation Score:-1, Nutrition Score:2.3482608762772%

Nutrients (% of daily need)

Calories: 72.72kcal (3.64%), Fat: 1.59g (2.45%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 12.51g (4.55%), Sugar: 4.54g (5.05%), Cholesterol: 6.82mg (2.27%), Sodium: 40.83mg (1.78%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.48g (2.95%), Manganese: 0.28mg (14.12%), Selenium: 3.47µg (4.96%), Fiber: 0.98g (3.93%), Vitamin B1: 0.06mg (3.71%), Phosphorus: 36.65mg (3.66%), Iron: 0.55mg (3.08%), Magnesium: 11.49mg (2.87%), Vitamin B2: 0.04mg (2.2%), Copper: 0.04mg (2.15%), Folate: 7.94µg (1.98%), Zinc: 0.3mg (1.97%), Potassium: 61.14mg (1.75%), Vitamin E: 0.21mg (1.42%), Vitamin B3: 0.27mg (1.35%), Vitamin B5: 0.12mg (1.23%)