

# Oatmeal Raisin Cookies VI

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



103 kcal

DESSERT

## Ingredients

- 1 teaspoon baking soda
- 1.3 cups brown sugar packed
- 1 cup butter
- 2 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 tablespoon honey
- 1 cup raisins

- 3 cups rolled oats
- 2 teaspoons vanilla extract

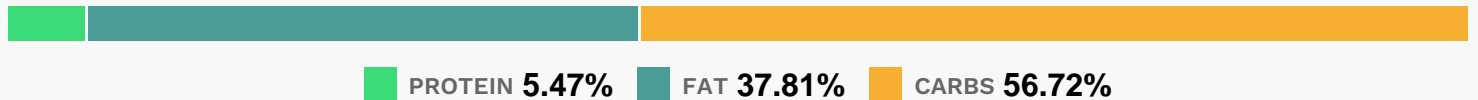
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, cream together the butter and brown sugar until smooth. Stir in the eggs, vanilla and honey. Sift together the flour, baking soda and cinnamon, gradually stir into the creamed mixture. Finally, stir in the rolled oats and raisins.
- Drop dough by rounded teaspoonfuls onto unprepared cookie sheets.
- Bake for 10 to 15 minutes in the preheated oven, until cookies start to brown.
- Remove from baking sheets to cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:5.86, Glycemic Load:4.79, Inflammation Score:-1, Nutrition Score:2.2865217341029%

## Nutrients (% of daily need)

Calories: 102.58kcal (5.13%), Fat: 4.4g (6.76%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 13.99g (5.09%), Sugar: 6.01g (6.68%), Cholesterol: 16.99mg (5.66%), Sodium: 58.68mg (2.55%), Alcohol: 0.06g (100%), Alcohol %: 0.29% (100%), Protein: 1.43g (2.86%), Manganese: 0.23mg (11.54%), Selenium: 3.49µg (4.99%), Vitamin B1: 0.06mg (3.89%), Fiber: 0.85g (3.38%), Phosphorus: 32.31mg (3.23%), Iron: 0.55mg (3.08%), Vitamin A: 128.2IU (2.56%), Vitamin B2: 0.04mg (2.53%), Folate: 9.93µg (2.48%), Magnesium: 9.64mg (2.41%), Copper: 0.04mg (1.95%), Potassium: 59.38mg (1.7%), Vitamin B3: 0.33mg (1.66%), Zinc: 0.25mg (1.66%), Vitamin B5: 0.12mg (1.17%), Calcium: 11.45mg (1.14%), Vitamin E: 0.15mg (1.02%)