



Oatmeal-Raisin Cookies (White Whole Wheat Flour)

 Dairy Free

READY IN



55 min.

SERVINGS



36

CALORIES



134 kcal

DESSERT

Ingredients

- 1 serving you will also need: parchment paper
- 0.8 cup granulated sugar
- 0.5 cup brown sugar packed
- 1 cup butter softened
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt

- 1.5 teaspoons vanilla
- 2 eggs
- 3 cups oats
- 1.5 cups flour whole wheat white
- 1 cup blueberries dried

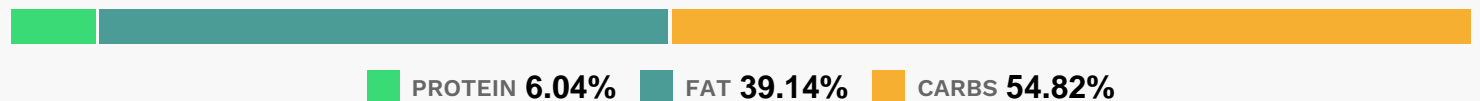
Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer

Directions

- Heat oven to 350°F. Line cookie sheet with Reynolds Parchment Paper; set aside. In large bowl, beat all ingredients except oats, flour and raisins with electric mixer on medium speed until well blended, or mix with spoon. Stir in oats, flour and raisins.
- On lined cookie sheet, drop dough by rounded tablespoonfuls about 2 inches apart.
- Bake 10 to 12 minutes or until light brown. Cool 2 minutes; remove from cookie sheets. Cool completely; store tightly covered.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:5.49, Inflammation Score:-2, Nutrition Score:2.5782608922733%

Nutrients (% of daily need)

Calories: 134.46kcal (6.72%), Fat: 5.98g (9.2%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 17.13g (6.23%), Sugar: 9.58g (10.65%), Cholesterol: 9.1mg (3.03%), Sodium: 128.02mg (5.57%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Protein: 2.08g (4.15%), Manganese: 0.3mg (15.18%), Fiber: 1.72g

(6.88%), Vitamin A: 238.92IU (4.78%), Magnesium: 19.06mg (4.77%), Selenium: 3.12µg (4.46%), Phosphorus: 37.43mg (3.74%), Iron: 0.58mg (3.24%), Vitamin B1: 0.04mg (2.55%), Potassium: 73.71mg (2.11%), Vitamin E: 0.27mg (1.8%), Zinc: 0.25mg (1.67%), Calcium: 15.18mg (1.52%), Copper: 0.03mg (1.44%), Vitamin B2: 0.02mg (1.33%)