



Oatmeal Raisin Cookies X

 Dairy Free

READY IN



80 min.

SERVINGS



36

CALORIES



134 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar
- 0.5 cup canola oil
- 0.5 cup egg substitute
- 1.5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.5 cup butter softened

- 0.3 cup oat bran
- 0.8 cup raisins
- 2.5 cups rolled oats
- 1 teaspoon vanilla extract
- 0.8 cup walnuts chopped
- 1 teaspoon water
- 0.3 cup wheat germ
- 0.8 cup sugar white

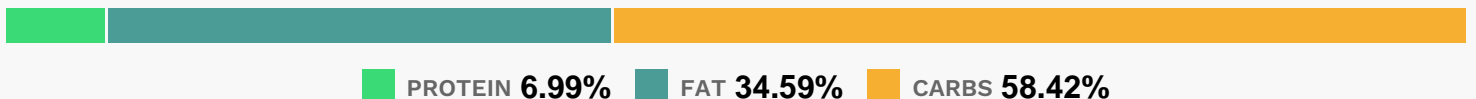
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease cookie sheets.
- In a large bowl, cream together the margarine, oil, brown sugar and white sugar until smooth. Beat in the egg substitute, vanilla and water.
- Combine the flour, baking soda, cinnamon and nutmeg; stir into the sugar mixture. Stir in the oats, oat bran, wheat germ, raisins and walnuts. Drop by teaspoonfuls onto the prepared cookie sheets.
- Bake for 18 to 20 minutes in the preheated oven, or until the edges are lightly browned.
- Remove from cookie sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:10.93, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:4.1021739173195%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 134.07kcal (6.7%), Fat: 5.34g (8.22%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 18.94g (6.89%), Sugar: 8.84g (9.82%), Cholesterol: 0mg (0%), Sodium: 69.59mg (3.03%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 2.43g (4.86%), Manganese: 0.51mg (25.41%), Selenium: 6µg (8.57%), Vitamin B1: 0.11mg (7.18%), Phosphorus: 55.7mg (5.57%), Fiber: 1.38g (5.51%), Magnesium: 18.68mg (4.67%), Iron: 0.84mg (4.64%), Copper: 0.09mg (4.55%), Folate: 17.13µg (4.28%), Vitamin B2: 0.06mg (3.79%), Zinc: 0.48mg (3.22%), Potassium: 88.81mg (2.54%), Vitamin B3: 0.51mg (2.53%), Vitamin A: 121.12IU (2.42%), Vitamin B6: 0.05mg (2.26%), Vitamin E: 0.31mg (2.1%), Vitamin B5: 0.2mg (1.96%), Calcium: 16.14mg (1.61%)