



WHATSheATE



Oatmeal Refrigerator Cookies



Dairy Free

READY IN



28 min.

SERVINGS



48

CALORIES



107 kcal

DESSERT

Ingredients



1 teaspoon baking soda



1 cup brown sugar



2 eggs



1 cup flour all-purpose



3 tablespoons blackstrap molasses



1 tablespoon orange zest grated



3 cups rolled oats



1 teaspoon salt

- ☐ 1 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

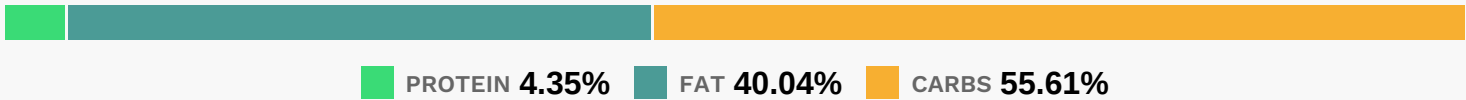
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a large bowl, cream together the shortening, white sugar and brown sugar until smooth. Beat in the eggs one at a time, then stir in the orange zest, molasses and vanilla.
- ☐ Combine the flour, baking soda and salt; stir into the molasses mixture until well blended.
- ☐ Mix in oats.
- ☐ Divide the dough into halves, and shape into long logs about 2 inches in diameter. Wrap in waxed paper, and refrigerate for at least 8 hours or overnight.
- ☐ Preheat the oven to 350 degrees F (175 degrees C). Slice chilled dough into rounds about 1/4 inch thick.
- ☐ Place 2 inches apart onto ungreased cookie sheets.
- ☐ Bake for 11 to 13 minutes in the preheated oven, until the bottoms are lightly browned. Cool on the baking pan for a minute before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.77, Glycemic Load:5.92, Inflammation Score:-1, Nutrition Score:2.0673912886692%

Nutrients (% of daily need)

Calories: 106.51kcal (5.33%), Fat: 4.82g (7.41%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 14.46g (5.26%), Sugar: 9.61g (10.68%), Cholesterol: 6.82mg (2.27%), Sodium: 76.18mg (3.31%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.18g (2.35%), Manganese: 0.22mg (11.24%), Selenium: 3.21µg (4.59%), Vitamin B1: 0.05mg (3.07%), Magnesium: 11.26mg (2.82%), Phosphorus: 27.82mg (2.78%), Iron: 0.47mg (2.59%), Fiber: 0.6g (2.38%), Vitamin K: 2.39µg (2.27%), Vitamin E: 0.3mg (2.03%), Folate: 7.33µg (1.83%), Vitamin B2: 0.03mg (1.77%), Copper: 0.03mg (1.68%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.14mg (1.42%), Potassium: 48.49mg (1.39%), Vitamin B3: 0.23mg (1.15%), Calcium: 10.74mg (1.07%)