

Oatmeal Shortbread Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



92 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 1 cup butter softened
- 1 cup flour all-purpose
- 2 cups rolled oats

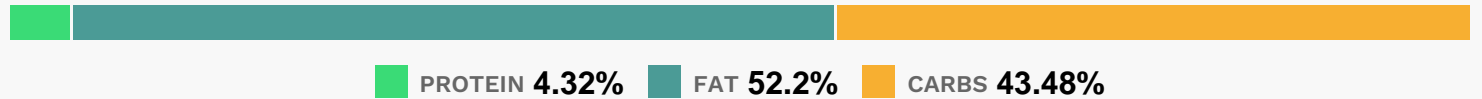
Equipment

- oven
- cookie cutter

Directions

- Cream together butter and brown sugar until smooth. Stir in flour and oats. Chill in refrigerator for at least two hours.
- Preheat oven to 350 degrees F (175 degrees C)
- Roll out dough on a lightly floured and sugared surface to 1/4 inch thickness.
- Cut out with a cookie cutter and bake for 8 to 10 minutes or until edges are golden brown.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:2.96, Inflammation Score:-1, Nutrition Score:1.7500000272108%

Nutrients (% of daily need)

Calories: 92.34kcal (4.62%), Fat: 5.44g (8.37%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 9.65g (3.51%), Sugar: 4.5g (5%), Cholesterol: 13.56mg (4.52%), Sodium: 42.17mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Manganese: 0.19mg (9.51%), Selenium: 2.6µg (3.71%), Vitamin B1: 0.05mg (3.22%), Vitamin A: 157.58IU (3.15%), Phosphorus: 23.92mg (2.39%), Fiber: 0.55g (2.19%), Iron: 0.39mg (2.15%), Folate: 8.03µg (2.01%), Magnesium: 7.52mg (1.88%), Vitamin B2: 0.03mg (1.55%), Vitamin B3: 0.26mg (1.32%), Zinc: 0.2mg (1.3%), Copper: 0.02mg (1.24%), Vitamin E: 0.17mg (1.12%)