



Oatmeal-Spice Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



54

CALORIES



84 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 3 tablespoons light-colored corn syrup
- 1 large eggs
- 2 large egg whites
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar
- 1 teaspoon ground cinnamon

- 0.5 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 0.5 cup butter softened
- 3 cups quick-cooking oats
- 1.3 cups raisins
- 0.5 teaspoon salt
- 1.5 teaspoons vanilla extract

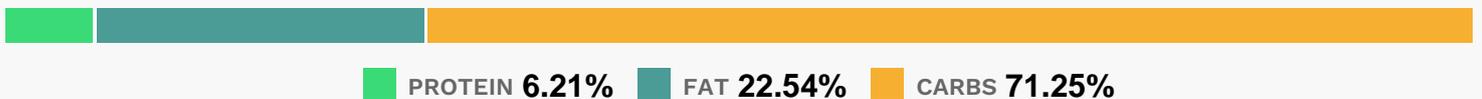
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Preheat oven to 35
- Combine first 6 ingredients in a small bowl, and set aside.
- Combine brown sugar and next 6 ingredients (brown sugar through egg) in a large bowl, and beat mixture at medium speed of a mixer until well-blended. Stir in oats and raisins, and let stand 5 minutes. Stir in flour mixture.
- Drop dough by level tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray.
- Bake at 350 for 10 minutes or until lightly browned.
- Remove cookies from pans, and cool on wire racks.
- Note: Store cookies in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:6.63, Inflammation Score:-1, Nutrition Score:2.1643478148009%

Nutrients (% of daily need)

Calories: 83.76kcal (4.19%), Fat: 2.17g (3.34%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 14.63g (5.32%), Sugar: 6.85g (7.61%), Cholesterol: 3.44mg (1.15%), Sodium: 68.11mg (2.96%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 1.35g (2.69%), Manganese: 0.24mg (12.2%), Selenium: 3.34µg (4.77%), Vitamin B1: 0.06mg (3.81%), Magnesium: 14.83mg (3.71%), Fiber: 0.79g (3.16%), Phosphorus: 29.87mg (2.99%), Iron: 0.52mg (2.88%), Vitamin B2: 0.04mg (2.35%), Folate: 8.48µg (2.12%), Copper: 0.04mg (1.81%), Potassium: 59.7mg (1.71%), Vitamin A: 80.34IU (1.61%), Vitamin B3: 0.29mg (1.46%), Zinc: 0.2mg (1.31%)