

Oatmeal Sugar Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



54

CALORIES



75 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 eggs
- 1.8 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 cup raisins
- 1 cup rolled oats
- 0.5 teaspoon salt
- 1 cup shortening

- 1 teaspoon vanilla extract
- 1 cup granulated sugar white

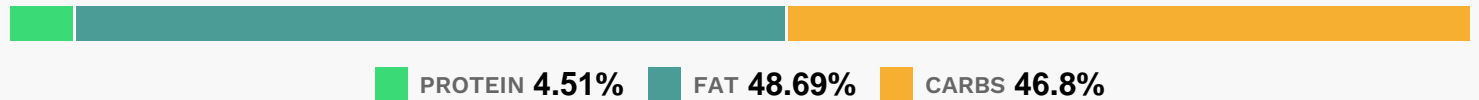
Equipment

- baking sheet
- oven

Directions

- Cream sugar, shortening (may substitute 1/2 cup butter or margarine), eggs and vanilla thoroughly.
- Mix in remaining ingredients. Refrigerate 4 to 5 hours or overnight.
- Preheat oven to 375 degrees F (190 degrees C).
- Shape dough by rounded teaspoonfuls into balls.
- Place on ungreased baking sheet. Flatten with greased bottom of glass dipped in sugar.
- Bake for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:4.61, Glycemic Load:5.73, Inflammation Score:-1, Nutrition Score:1.3039130406535%

Nutrients (% of daily need)

Calories: 74.82kcal (3.74%), Fat: 4.11g (6.32%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 8.52g (3.1%), Sugar: 3.74g (4.15%), Cholesterol: 6.06mg (2.02%), Sodium: 44.86mg (1.95%), Alcohol: 0.03g (100%), Alcohol %: 0.2% (100%), Protein: 0.86g (1.71%), Manganese: 0.09mg (4.49%), Selenium: 2.34µg (3.34%), Vitamin B1: 0.04mg (2.78%), Folate: 8.7µg (2.18%), Vitamin K: 2.07µg (1.97%), Vitamin B2: 0.03mg (1.94%), Iron: 0.32mg (1.79%), Vitamin E: 0.26mg (1.73%), Phosphorus: 14.78mg (1.48%), Fiber: 0.36g (1.45%), Vitamin B3: 0.27mg (1.36%)