



## Oatmeal Toffee Cookies

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



236 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup butter softened
- 1 eggs
- 1 cup flour all-purpose
- 0.5 cup brown sugar light packed
- 0.5 cup pecans chopped
- 1.5 cups rolled oats
- 0.3 teaspoon salt

- 2 cups toffee baking bits
- 1 teaspoon vanilla extract

## Equipment

- bowl
- baking sheet
- baking paper
- oven

## Directions

- Preheat oven to 300 degrees F (150 degrees C). Line cookie sheets with parchment paper.
- In a medium bowl, cream together the butter and brown sugar. Stir in the egg and vanilla until smooth. Sift together the flour, salt and baking soda, stir into the creamed mixture. Then stir in the rolled oats. Finally, stir in the chopped candy bar pieces.
- Drop dough by rounded tablespoons onto the prepared cookie sheets, and flatten slightly.
- Bake for 10 to 18 minutes in the preheated oven. Cookies will have a dry appearance when finished baking.

## Nutrition Facts



## Properties

Glycemic Index:9.42, Glycemic Load:10.56, Inflammation Score:-3, Nutrition Score:3.2995651727137%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 235.64kcal (11.78%), Fat: 14.4g (22.16%), Saturated Fat: 7.96g (49.77%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 24.15g (8.78%), Sugar: 17.15g (19.05%), Cholesterol: 42.58mg (14.19%), Sodium: 123.56mg (5.37%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 1.92g (3.85%), Manganese: 0.33mg (16.3%), Vitamin A: 415.57IU (8.31%), Selenium: 4.16µg (5.95%), Vitamin B1: 0.08mg (5.46%), Phosphorus: 44.53mg (4.45%), Vitamin B2: 0.06mg (3.58%), Fiber: 0.87g (3.48%), Folate: 13.17µg (3.29%), Iron: 0.59mg (3.26%), Magnesium: 12.47mg (3.12%), Copper: 0.06mg (2.94%), Vitamin E: 0.43mg (2.84%), Zinc: 0.38mg (2.53%), Vitamin B3: 0.41mg (2.03%), Calcium: 18.28mg (1.83%), Vitamin B5: 0.17mg (1.68%), Potassium: 53.86mg (1.54%), Vitamin K: 1.25µg (1.19%)