



Old Fashion Oatmeal Cookies II

READY IN



45 min.

SERVINGS



72

CALORIES



74 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 cup milk
- ☐ 2 cups cooking oats quick
- ☐ 1 cup raisins
- ☐ 1 cup shortening

- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup walnuts chopped
- ☐ 0.5 cup sugar white

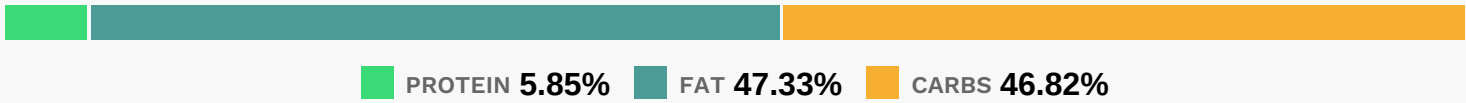
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (or 190 degrees C). Grease cookie sheets.
- ☐ Put all ingredients except raisins (or chips) and walnuts in food processor.
- ☐ Mix well.
- ☐ Put in bowl and add raisins and walnuts, stir.
- ☐ Drop by teaspoons onto greased cookie sheets.
- ☐ Bake for 12–15 minutes. NOTE: Can use parchment paper instead of grease on cookie sheet.

Nutrition Facts



Properties

Glycemic Index:4.61, Glycemic Load:4.64, Inflammation Score:-1, Nutrition Score:1.7843478334987%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 74.28kcal (3.71%), Fat: 4.02g (6.18%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 8.4g (3.05%), Sugar: 3.04g (3.37%), Cholesterol: 4.75mg (1.58%), Sodium: 18.87mg (0.82%), Alcohol: 0.02g (100%), Alcohol %: 0.14% (100%), Protein: 1.12g (2.23%), Manganese: 0.18mg (8.82%), Selenium:

2.45µg (3.5%), Vitamin B1: 0.05mg (3.19%), Magnesium: 9.89mg (2.47%), Phosphorus: 24.02mg (2.4%), Folate: 8.92µg (2.23%), Fiber: 0.55g (2.18%), Iron: 0.39mg (2.18%), Copper: 0.04mg (2.03%), Vitamin B2: 0.03mg (1.98%), Vitamin K: 1.65µg (1.57%), Vitamin E: 0.22mg (1.44%), Vitamin B3: 0.26mg (1.32%), Potassium: 40.32mg (1.15%), Zinc: 0.16mg (1.08%)