



## Old Fashioned Oatmeal Cookies III

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



63 kcal

DESSERT

### Ingredients

- 1 teaspoon almond extract
- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 0.7 cup butter softened
- 1 eggs
- 1 cup flour all-purpose
- 3 cups rolled oats
- 0.3 cup water

0.5 cup sugar white

## Equipment

baking sheet

oven

## Directions

Combine all ingredients in order given. Refrigerate dough for several hours or overnight to get a thick consistency.

Drop by rounded teaspoonful onto lightly greased baking sheet.

Bake at 350 degrees F (175 degrees C) 12–14 minutes.

Let stand 1 minute before removing from baking sheet.

## Nutrition Facts



**PROTEIN 5.47%** **FAT 34.07%** **CARBS 60.46%**

## Properties

Glycemic Index:3.92, Glycemic Load:3.25, Inflammation Score:-1, Nutrition Score:1.3747826001566%

## Nutrients (% of daily need)

Calories: 62.62kcal (3.13%), Fat: 2.41g (3.7%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 9.14g (3.32%), Sugar: 5.28g (5.86%), Cholesterol: 8.15mg (2.72%), Sodium: 27.76mg (1.21%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Protein: 0.87g (1.74%), Manganese: 0.16mg (8.21%), Selenium: 2.18µg (3.12%), Vitamin B1: 0.04mg (2.36%), Phosphorus: 21.08mg (2.11%), Fiber: 0.47g (1.86%), Iron: 0.31mg (1.72%), Magnesium: 6.54mg (1.63%), Folate: 5.57µg (1.39%), Vitamin A: 66.99IU (1.34%), Vitamin B2: 0.02mg (1.24%), Zinc: 0.18mg (1.17%), Copper: 0.02mg (1.07%)