



Old-Fashioned Oatmeal-Raisin Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



72

CALORIES



56 kcal

DESSERT

Ingredients

- ☐ 1.3 cups sugar
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 eggs
- ☐ 2 cups oats
- ☐ 1.7 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon salt
- ☐ 1 cup raisins

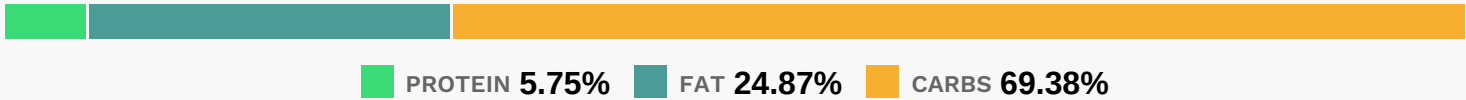
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. In large bowl, stir together sugar, butter, molasses and eggs. Stir in remaining ingredients except raisins until well blended. Stir in raisins.
- ☐ Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheets.
- ☐ Bake 9 to 10 minutes or just until set. Cool 1 minute; remove from cookie sheets.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:6.24, Inflammation Score:-1, Nutrition Score:1.5204347747823%

Nutrients (% of daily need)

Calories: 55.89kcal (2.79%), Fat: 1.59g (2.45%), Saturated Fat: 0.34g (2.09%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 9.55g (3.47%), Sugar: 4.68g (5.2%), Cholesterol: 4.55mg (1.52%), Sodium: 41.18mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Manganese: 0.15mg (7.56%), Selenium: 2.43µg (3.48%), Magnesium: 11.31mg (2.83%), Vitamin B1: 0.04mg (2.56%), Iron: 0.39mg (2.17%), Phosphorus: 18.23mg (1.82%), Fiber: 0.44g (1.77%), Folate: 6.67µg (1.67%), Vitamin B2: 0.03mg (1.62%), Potassium: 53.09mg (1.52%), Copper: 0.03mg (1.37%), Vitamin A: 63.07IU (1.26%), Vitamin B3: 0.23mg (1.14%)