



## Orange Oatmeal Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



28

CALORIES



71 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.3 cup brown sugar
- 0.5 cup butter softened
- 0.5 teaspoon cream of tartar
- 1 egg white beaten
- 0.5 teaspoon ground cinnamon
- 1 large orange zest juiced
- 1 cup quick-cooking oats

- 0.3 cup apple sauce unsweetened
- 0.3 cup sugar white
- 1 cup flour whole wheat

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 2 baking sheets with parchment paper.
- Beat butter, white sugar, and brown sugar with an electric mixer in a large bowl until smooth. Stir egg white and applesauce into butter mixture until just combined into a dough.
- Add orange juice with pulp and orange zest to the dough; stir.
- Mix flour, oats, walnuts, baking soda, cream of tartar, and cinnamon in a separate bowl; fold into the dough until evenly incorporated.
- Drop by heaping tablespoon onto prepared baking sheets.
- Bake in preheated oven until bottom of cookies are lightly browned, 10 to 12 minutes. Cool on baking sheets 2 to 3 minutes before moving to wire racks to cool completely.

## Nutrition Facts



**PROTEIN 6.12%** **FAT 44.01%** **CARBS 49.87%**

## Properties

Glycemic Index:6.79, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:2.1404347484526%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg,

Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 70.83kcal (3.54%), Fat: 3.6g (5.55%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.37g (3.04%), Sugar: 3.96g (4.4%), Cholesterol: 8.72mg (2.91%), Sodium: 48.21mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Manganese: 0.31mg (15.36%), Selenium: 3.93µg (5.62%), Magnesium: 14.25mg (3.56%), Fiber: 0.82g (3.28%), Phosphorus: 30mg (3%), Vitamin B1: 0.04mg (2.57%), Vitamin A: 104.22IU (2.08%), Iron: 0.32mg (1.77%), Copper: 0.03mg (1.54%), Zinc: 0.21mg (1.41%), Vitamin B3: 0.25mg (1.24%), Potassium: 42.81mg (1.22%), Vitamin B6: 0.02mg (1.14%), Vitamin B2: 0.02mg (1.06%)