

Peaches and Cream Oatmeal Cookies

READY IN



44 min.

SERVINGS



20

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 stick butter softened
- ☐ 0.3 cup brown sugar dark
- ☐ 0.5 cup peaches dried chopped
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup brown sugar light
- ☐ 1.5 cups rolled oats
- ☐ 1 pinch salt

- ☐ 0.3 cup sugar
- ☐ 0.5 cup walnuts chopped
- ☐ 0.5 cup chocolate chips white

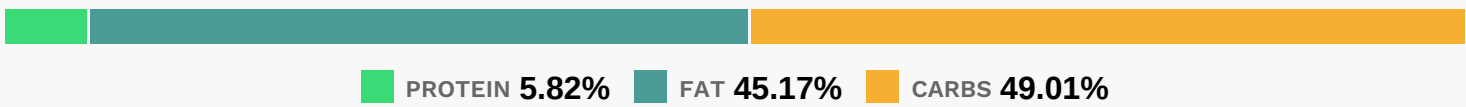
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F with the racks in the upper and lower thirds of the oven.
- ☐ In a small bowl, whisk together flour, baking soda, and salt. In a stand mixer fitted with the paddle attachment, cream butter and sugars until light and fluffy. Slowly add egg and continue mixing. Slowly add flour mixture, oats, peaches, walnuts, and white chocolate chips.
- ☐ Mix until combined.
- ☐ Line 2 sheet trays with parchment. With wet hands make 20 balls from the dough placing evenly among sheet trays. Press down on cookie dough with palm of your hand to make a flat circle.
- ☐ Bake for 10 to 12 minutes or until golden and still a bit tender in the center.
- ☐ Remove from oven and let sit on sheet trays 1 minute.
- ☐ Remove to cooling racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:7.64, Inflammation Score:-2, Nutrition Score:3.8286956483903%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 167.66kcal (8.38%), Fat: 8.65g (13.31%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 21.12g (7.04%), Net Carbohydrates: 19.84g (7.22%), Sugar: 12.31g (13.68%), Cholesterol: 22.39mg (7.46%), Sodium: 75.59mg (3.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Manganese: 0.37mg (18.47%), Selenium: 4.62µg (6.6%), Phosphorus: 59.32mg (5.93%), Vitamin B1: 0.08mg (5.26%), Fiber: 1.27g (5.09%), Copper: 0.1mg (4.94%), Vitamin A: 243.15IU (4.86%), Iron: 0.82mg (4.55%), Magnesium: 17.17mg (4.29%), Vitamin B2: 0.07mg (4.23%), Folate: 15.11µg (3.78%), Potassium: 104.81mg (2.99%), Vitamin B3: 0.6mg (2.98%), Zinc: 0.44mg (2.93%), Calcium: 24.15mg (2.42%), Vitamin B5: 0.21mg (2.07%), Vitamin B6: 0.04mg (1.79%), Vitamin E: 0.26mg (1.71%), Vitamin K: 1.66µg (1.58%)