

Pioneer Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



69 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 cup raisins
- ☐ 1 cup rolled oats
- ☐ 1 teaspoon vanilla extract

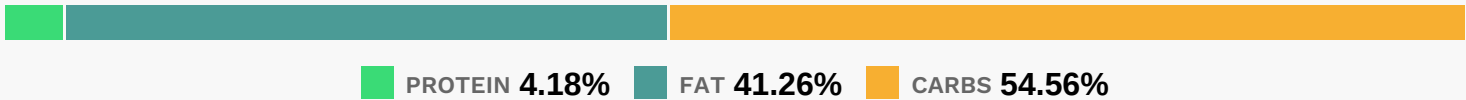
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream together butter or margarine, brown sugar, milk and vanilla.
- ☐ Mix well.
- ☐ Stir in flour and baking soda. Blend well.
- ☐ Mix in one cup oatmeal and stir.
- ☐ Add in raisins and mix well.
- ☐ Drop by teaspoonfuls onto cookie sheets and bake at 350 degrees F (175 degrees C) for 10 – 12 minutes.

Nutrition Facts



Properties

Glycemic Index:4.36, Glycemic Load:3.65, Inflammation Score:-1, Nutrition Score:1.2513043436667%

Nutrients (% of daily need)

Calories: 69.3kcal (3.47%), Fat: 3.24g (4.99%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 9.23g (3.36%), Sugar: 3.64g (4.05%), Cholesterol: 8.26mg (2.75%), Sodium: 35.71mg (1.55%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Protein: 0.74g (1.48%), Manganese: 0.09mg (4.32%), Vitamin B1: 0.04mg (2.83%), Selenium: 1.92µg (2.74%), Folate: 8.28µg (2.07%), Vitamin A: 96.19IU (1.92%), Iron: 0.34mg (1.89%), Vitamin B2: 0.03mg (1.75%), Fiber: 0.41g (1.65%), Vitamin B3: 0.29mg (1.48%), Phosphorus: 13.94mg (1.39%), Potassium: 36.7mg (1.05%), Copper: 0.02mg (1.02%), Magnesium: 4.04mg (1.01%)