



Prize Winning Oatmeal Drop Cookies

READY IN



45 min.

SERVINGS



60

CALORIES



79 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 cup milk
- ☐ 1 cup raisins
- ☐ 2 cups rolled oats

- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

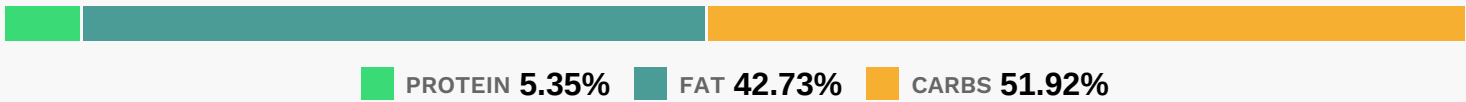
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Sift together the flour, baking soda, salt, cinnamon, and nutmeg.
- ☐ Add oatmeal, brown sugar, white sugar, shortening, eggs, milk, and vanilla.
- ☐ Mix together. Stir in 1 cup of chopped walnuts.
- ☐ Drop by teaspoonful onto greased cookie sheets.
- ☐ Bake at 375 degrees F (190 degrees C) for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:5.95, Glycemic Load:5.13, Inflammation Score:-1, Nutrition Score:1.7030434731556%

Nutrients (% of daily need)

Calories: 79.4kcal (3.97%), Fat: 3.84g (5.9%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.91g (3.6%), Sugar: 3.56g (3.96%), Cholesterol: 5.62mg (1.87%), Sodium: 61.2mg (2.66%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Protein: 1.08g (2.16%), Manganese: 0.14mg (7.19%), Selenium: 2.72µg (3.88%), Vitamin B1: 0.05mg (3.33%), Folate: 9.28µg (2.32%), Iron: 0.42mg (2.32%), Fiber: 0.58g (2.31%), Vitamin B2: 0.04mg (2.24%), Phosphorus: 21.78mg (2.18%), Vitamin K: 1.91µg (1.82%), Vitamin E: 0.24mg (1.6%), Vitamin B3: 0.31mg (1.54%), Magnesium: 5.92mg (1.48%), Copper: 0.03mg (1.31%), Potassium: 41.05mg (1.17%), Zinc: 0.16mg (1.06%), Vitamin B5: 0.1mg (1.03%)