



## Raisin-Oatmeal Cookies

READY IN



20 min.

SERVINGS



100

CALORIES



33 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup butter softened
- ☐ 17.5 oz oatmeal cookie mix
- ☐ 1 large eggs
- ☐ 0.5 cup golden raisins
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup water hot

### Equipment

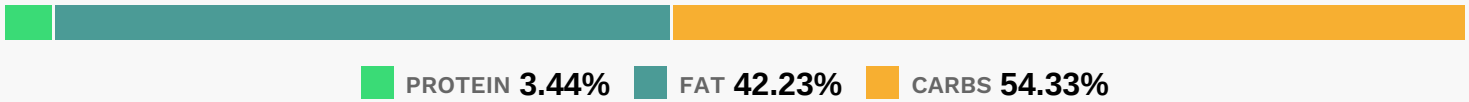
- ☐ baking sheet

- ☐ oven
- ☐ wire rack

## Directions

- ☐ Preheat oven to 37
- ☐ Combine raisins and 1/3 cup hot water.
- ☐ Let stand 5 minutes; drain.
- ☐ Stir together cookie mix and next 3 ingredients.
- ☐ Add raisins, and stir until blended. (Dough will be stiff.) Drop dough by tablespoonfuls 2 inches apart onto lightly greased baking sheets.
- ☐ Bake, in batches, at 375 for 10 minutes or until golden brown. Cool on baking sheets on wire rack 1 minute; remove from pans to wire racks.
- ☐ \*Regular raisins may be substituted.
- ☐ Note: For testing purposes only, we used Betty Crocker Oatmeal Cookie
- ☐ Mix.

## Nutrition Facts



## Properties

Glycemic Index:1.07, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:0.18043478278686%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 33kcal (1.65%), Fat: 1.51g (2.32%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 4.22g (1.53%), Sugar: 2.78g (3.09%), Cholesterol: 4.3mg (1.43%), Sodium: 13.36mg (0.58%), Alcohol: 0.04g (100%), Alcohol %: 0.69% (100%), Protein: 0.28g (0.55%)