

Raisin Oatmeal Cookies

READY IN



25 min.

SERVINGS



36

CALORIES



96 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 1.7 cups cooking oats quick
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening

☐ 1 cup sugar white

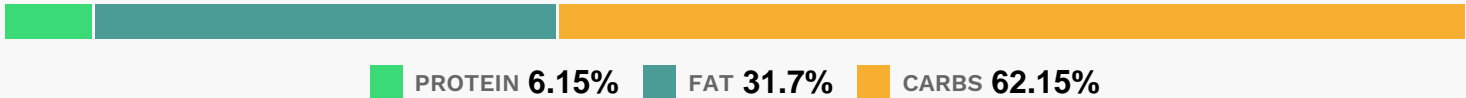
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ In a medium bowl, cream together the shortening and sugar until smooth. Beat in the eggs one at a time, then stir in the milk.
- ☐ Combine the flour, baking soda, salt and cinnamon, gradually stir into the creamed mixture.
- ☐ Add the raisins and quick oats; mix until just combined. Drop by rounded spoonfuls onto the prepared cookie sheet.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.66, Glycemic Load:9.92, Inflammation Score:-1, Nutrition Score:2.3613043647745%

Nutrients (% of daily need)

Calories: 96.01kcal (4.8%), Fat: 3.48g (5.36%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 14.57g (5.3%), Sugar: 5.7g (6.34%), Cholesterol: 9.3mg (3.1%), Sodium: 68.33mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Manganese: 0.22mg (10.92%), Selenium: 3.88µg (5.55%), Vitamin B1: 0.07mg (4.55%), Magnesium: 13.02mg (3.26%), Phosphorus: 32.42mg (3.24%), Fiber: 0.8g (3.19%), Iron: 0.57mg (3.18%), Vitamin B2: 0.05mg (3.07%), Folate: 12.01µg (3%), Vitamin B3: 0.39mg (1.94%), Copper: 0.04mg (1.8%), Potassium: 58.51mg (1.67%), Vitamin K: 1.68µg (1.6%), Vitamin E: 0.23mg (1.54%), Zinc: 0.2mg (1.36%), Vitamin B5: 0.11mg (1.15%)