



Raisin Pecan Oatmeal Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar dark packed
- ☐ 2 extra large eggs at room temperature
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon kosher salt
- ☐ 3 cups old-fashioned oatmeal

- ☐ 1.5 cups pecans
- ☐ 1.5 cups raisins
- ☐ 0.5 pound butter unsalted at room temperature (2 sticks)
- ☐ 2 teaspoons vanilla extract pure

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the pecans on a sheet pan and bake for 5 minutes, until crisp. Set aside to cool. Chop very coarsely.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, beat the butter, brown sugar, and granulated sugar together on medium-high speed until light and fluffy. With the mixer on low, add the eggs, one at a time, and the vanilla.
- ☐ Sift the flour, baking powder, cinnamon, and salt together into a medium bowl. With the mixer on low, slowly add the dry ingredients to the butter mixture.
- ☐ Add the oats, raisins, and pecans and mix just until combined.
- ☐ Using a small ice-cream scoop or a tablespoon, drop 2-inch mounds of dough onto sheet pans lined with parchment paper. Flatten slightly with a damp hand.
- ☐ Bake for 12 to 15 minutes, until lightly browned.
- ☐ Transfer the cookies to a baking rack and cool completely.

Nutrition Facts



 **PROTEIN 4.48%**  **FAT 43.83%**  **CARBS 51.69%**

Properties

Glycemic Index:12.38, Glycemic Load:12.67, Inflammation Score:-2, Nutrition Score:4.2926087560861%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 209.06kcal (10.45%), Fat: 10.53g (16.2%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 26.37g (9.59%), Sugar: 14.1g (15.66%), Cholesterol: 30.14mg (10.05%), Sodium: 103.02mg (4.48%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 2.42g (4.84%), Manganese: 0.44mg (21.94%), Vitamin B1: 0.11mg (7.3%), Selenium: 4.96µg (7.09%), Fiber: 1.57g (6.28%), Copper: 0.12mg (5.79%), Phosphorus: 56.35mg (5.63%), Iron: 0.96mg (5.31%), Vitamin B2: 0.08mg (4.44%), Magnesium: 17.21mg (4.3%), Vitamin A: 212.05IU (4.24%), Folate: 16.2µg (4.05%), Zinc: 0.57mg (3.83%), Potassium: 120.71mg (3.45%), Vitamin B3: 0.58mg (2.88%), Calcium: 27.17mg (2.72%), Vitamin B5: 0.22mg (2.21%), Vitamin E: 0.31mg (2.05%), Vitamin B6: 0.04mg (1.88%), Vitamin D: 0.19µg (1.25%)