



Selma's Best Oatmeal Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



80 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1.5 cups oats quick
- 1 cup shortening
- 1 teaspoon vanilla extract

- 0.8 cup walnut pieces finely chopped
- 1 cup granulated sugar white

Equipment

- baking sheet
- oven

Directions

- Cream together shortening, white sugar, brown sugar. Then add 1 beaten egg.
- Sift together flour, baking soda, and ground cinnamon and add to first mixture. Then add quick rolled oats, finely crushed walnuts or pecans and vanilla.
- Cover and chill for an hour.
- Preheat oven to 350 degrees F (175 degrees C).
- Place walnut sized pieces of dough on a greased cookie sheet. Butter the bottom of a small glass, dip in sugar and flatten out the little pieces. You need not rebutter each time.
- Bake for 10 minutes.

Nutrition Facts



PROTEIN 4.49% FAT 50.86% CARBS 44.65%

Properties

Glycemic Index:3.92, Glycemic Load:4.85, Inflammation Score:-1, Nutrition Score:1.5273912994434%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 79.79kcal (3.99%), Fat: 4.62g (7.11%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.74g (3.18%), Sugar: 5.19g (5.77%), Cholesterol: 2.73mg (0.91%), Sodium: 20.13mg (0.88%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Protein: 0.92g (1.84%), Manganese: 0.17mg (8.29%), Selenium: 2.09µg (2.98%), Vitamin B1: 0.04mg (2.76%), Magnesium: 8.75mg (2.19%), Folate: 8.17µg (2.04%), Phosphorus: 19.27mg (1.93%), Copper: 0.04mg (1.85%), Vitamin K: 1.94µg (1.85%), Iron: 0.31mg (1.75%), Vitamin E: 0.24mg (1.63%), Fiber: 0.39g (1.56%), Vitamin B2: 0.02mg (1.42%), Vitamin B3: 0.22mg (1.1%)