



WHATSheATE



Skinny Oatmeal-Raisin Cookies

READY IN



80 min.

SERVINGS



36

CALORIES



124 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup buttermilk
- ☐ 2 egg whites
- ☐ 2 cups flour whole wheat
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 cups rolled oats
- ☐ 0.3 cup pecans toasted chopped

- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla
- ☐ 0.8 cup butter 68% softened

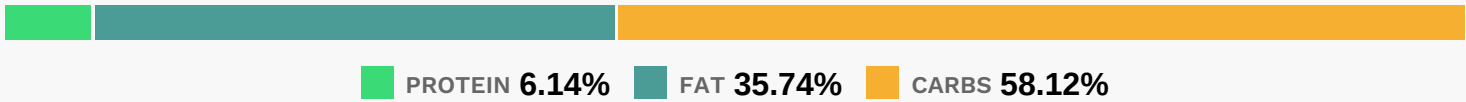
Equipment

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

Directions

- ☐ Heat oven to 350F. Lightly grease or spray cookie sheets. In large bowl, beat vegetable oil spread and sugars with electric mixer on low speed until creamy. Beat in buttermilk, egg whites and vanilla until well mixed.
- ☐ On low speed, beat in flour, cinnamon, baking soda and salt until well mixed. Stir in oats, raisins and pecans. Drop dough by rounded tablespoonfuls onto cookie sheets 2 inches apart. Slightly flatten each.
- ☐ Bake 11 to 13 minutes or until set and very light golden brown. Cool 1 minute; remove from cookie sheets to cooling rack. Cool completely. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:5.97, Glycemic Load:4.71, Inflammation Score:-2, Nutrition Score:3.6469564450824%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg

Nutrients (% of daily need)

Calories: 123.84kcal (6.19%), Fat: 5.1g (7.85%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 17.09g (6.21%), Sugar: 7.48g (8.31%), Cholesterol: 0.24mg (0.08%), Sodium: 115.27mg (5.01%), Alcohol: 0.08g (100%), Alcohol %: 0.3% (100%), Protein: 1.97g (3.95%), Manganese: 0.51mg (25.46%), Selenium: 5.97µg (8.53%), Fiber: 1.58g (6.33%), Phosphorus: 51.56mg (5.16%), Magnesium: 18.82mg (4.7%), Vitamin B1: 0.07mg (4.47%), Copper: 0.07mg (3.65%), Vitamin A: 174.24IU (3.48%), Iron: 0.6mg (3.36%), Zinc: 0.4mg (2.68%), Potassium: 92.42mg (2.64%), Vitamin B2: 0.04mg (2.37%), Vitamin B3: 0.45mg (2.25%), Vitamin B6: 0.04mg (2.24%), Vitamin E: 0.23mg (1.54%), Calcium: 15.25mg (1.52%), Folate: 4.99µg (1.25%), Vitamin B5: 0.12mg (1.23%)