



Slice and Bake Oatmeal Chocolate Chip Cookies

 Gluten Free  Low Fod Map

READY IN



95 min.

SERVINGS



20

CALORIES



207 kcal

DESSERT

Ingredients

- 1 cup rolled oats gluten-free
- 0.5 cup oat flour gluten-free
- 0.5 cup brown rice flour
- 2 tablespoons tapioca flour
- 1 teaspoon double-acting baking powder gluten-free
- 0.5 teaspoon baking soda
- 1 teaspoon salt

- 0.5 cup butter softened
- 0.5 cup brown sugar packed
- 0.3 cup granulated sugar
- 1 eggs
- 1 teaspoon vanilla pure
- 1 cup semisweet chocolate chips miniature
- 0.5 cup walnut pieces chopped

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- plastic wrap
- hand mixer
- serrated knife

Directions

- In small bowl, mix oats, flours, baking powder, baking soda and salt with whisk; set aside. In large bowl, beat butter, brown sugar and granulated sugar with electric mixer on medium speed until fluffy. Beat in egg and vanilla. Gradually add oat mixture, beating on low speed just until combined. Stir in chocolate chips and nuts.
- Shape dough into 16x1 1/2x1 1/2-inch log; wrap in plastic wrap. Refrigerate 1 hour or until firm.
- Heat oven to 350°F. Unwrap dough. Using serrated knife, cut dough into 1/2-inch slices.
- Place 2 inches apart on ungreased cookie sheet.
- Bake 9 to 11 minutes or just until edges are golden. Cool 2 minutes; remove from cookie sheet to cooling rack.

Nutrition Facts



■ PROTEIN 5.25% ■ FAT 50.96% ■ CARBS 43.79%

Properties

Glycemic Index:13.6, Glycemic Load:2.77, Inflammation Score:-3, Nutrition Score:5.3673912709498%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 207.15kcal (10.36%), Fat: 11.91g (18.32%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 21.09g (7.67%), Sugar: 12.38g (13.76%), Cholesterol: 21.09mg (7.03%), Sodium: 208.4mg (9.06%), Alcohol: 0.07g (100%), Alcohol %: 0.2% (100%), Caffeine: 10.17mg (3.39%), Protein: 2.76g (5.52%), Manganese: 0.69mg (34.39%), Copper: 0.24mg (11.84%), Magnesium: 40.73mg (10.18%), Phosphorus: 94.81mg (9.48%), Fiber: 1.93g (7.72%), Iron: 1.32mg (7.31%), Selenium: 4.14µg (5.92%), Zinc: 0.78mg (5.2%), Vitamin B1: 0.07mg (4.79%), Potassium: 129.48mg (3.7%), Calcium: 33.42mg (3.34%), Vitamin A: 160.2IU (3.2%), Vitamin B6: 0.06mg (3.14%), Vitamin B3: 0.48mg (2.41%), Vitamin E: 0.33mg (2.2%), Vitamin B5: 0.21mg (2.14%), Vitamin B2: 0.04mg (2.12%), Folate: 7.01µg (1.75%), Vitamin K: 1.51µg (1.44%)