



Slice and Bake Oatmeal Chocolate Chip Cookies

 Gluten Free  Low Fod Map

READY IN



95 min.

SERVINGS



20

CALORIES



207 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder gluten-free
- 0.5 teaspoon baking soda
- 0.5 cup brown rice flour
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 1 eggs
- 0.3 cup granulated sugar

- 0.5 cup oat flour gluten-free
- 1 cup rolled oats gluten-free
- 1 teaspoon salt
- 1 cup semisweet chocolate chips miniature
- 2 tablespoons tapioca flour
- 1 teaspoon vanilla pure
- 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 350F. 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%)