Soft Oatmeal Cookies

🍎 **Vegetarian**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
120 min.	**24**	**216 kcal**

DESSERT

Ingredients

- [ ] 1 teaspoon baking soda
- [ ] 1 cup brown sugar packed
- [ ] 1 cup butter softened
- [ ] 2 eggs
- [ ] 2 cups flour all-purpose
- [ ] 1.5 teaspoons ground cinnamon
- [ ] 3 cups cooking oats quick
- [ ] 1 teaspoon salt

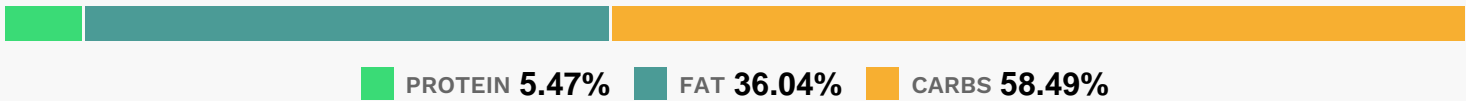- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

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

Directions

- ☐ In a medium bowl, cream together butter, white sugar, and brown sugar. Beat in eggs one at a time, then stir in vanilla.
- ☐ Combine flour, baking soda, salt, and cinnamon; stir into the creamed mixture.
- ☐ Mix in oats. Cover, and chill dough for at least one hour.
- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ Roll the dough into walnut sized balls, and place 2 inches apart on cookie sheets. Flatten each cookie with a large fork dipped in sugar.
- ☐ Bake for 8 to 10 minutes in preheated oven. Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Nutrition Facts

PROTEIN 5.47% **FAT 36.04%** **CARBS 58.49%**

Properties

Glycemic Index:11.05, Glycemic Load:15.45, Inflammation Score:-3, Nutrition Score:4.8495651876311%

Nutrients (% of daily need)

Calories: 216.28kcal (10.81%), Fat: 8.85g (13.61%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 32.31g (10.77%), Net Carbohydrates: 31.01g (11.27%), Sugar: 17.42g (19.36%), Cholesterol: 33.98mg (11.33%), Sodium: 211.71mg (9.2%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 3.02g (6.05%), Manganese: 0.54mg (26.83%), Selenium: 8.36µg (11.95%), Vitamin B1: 0.14mg (9.23%), Magnesium: 31.21mg (7.8%), Phosphorus: 67.66mg (6.77%), Iron: 1.1mg (6.11%), Folate: 24.41µg (6.1%), Fiber: 1.3g (5.2%), Vitamin A: 256.53IU (5.13%), Vitamin B2: 0.09mg (5.02%), Vitamin

B3: 0.72mg (3.59%), Zinc: 0.46mg (3.06%), Copper: 0.06mg (3.03%), Vitamin E: 0.34mg (2.25%), Vitamin B5: 0.2mg (1.97%), Calcium: 19.67mg (1.97%), Potassium: 67.92mg (1.94%), Vitamin B6: 0.03mg (1.26%), Vitamin K: 1.07µg (1.02%)