

Spiced Oatmeal Cookies

READY IN



25 min.

SERVINGS



24

CALORIES



224 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 cups brown sugar packed
- 2 eggs
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 2 tablespoons milk
- 2 cups rolled oats
- 1 teaspoon salt
- 1 cup shortening

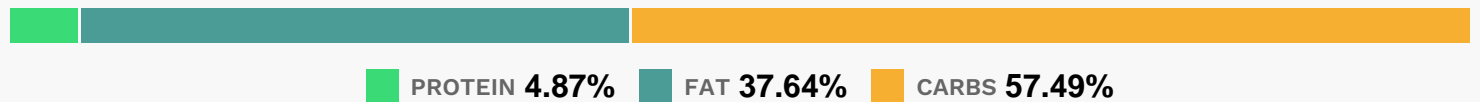
Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, cream shortening and brown sugar.
- Add eggs and milk; mix well.
- Combine flour, oats, baking soda, salt and cinnamon; add to the creamed mixture. Drop by rounded teaspoonfuls 2 in. apart onto lightly greased baking sheets.
- Bake at 350° for 12–15 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:6.58, Glycemic Load:8.77, Inflammation Score:-1, Nutrition Score:4.2878260949384%

Nutrients (% of daily need)

Calories: 224.38kcal (11.22%), Fat: 9.5g (14.61%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 31.57g (11.48%), Sugar: 17.96g (19.96%), Cholesterol: 13.79mg (4.6%), Sodium: 154.33mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Manganese: 0.36mg (18.08%), Selenium: 7.74µg (11.06%), Vitamin B1: 0.14mg (9.15%), Folate: 27.9µg (6.98%), Iron: 1.1mg (6.11%), Vitamin B2: 0.09mg (5.49%), Phosphorus: 51.07mg (5.11%), Vitamin K: 4.76µg (4.53%), Vitamin B3: 0.87mg (4.35%), Fiber: 1.08g (4.31%), Vitamin E: 0.6mg (4.01%), Magnesium: 14.48mg (3.62%), Copper: 0.06mg (2.84%), Vitamin B5: 0.28mg (2.76%), Zinc: 0.4mg (2.65%), Calcium: 25.25mg (2.53%), Potassium: 70.09mg (2%), Vitamin B6: 0.03mg (1.36%)