



Spicy Oatmeal Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



36

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 banana
- ☐ 1 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.8 cups rolled oats
- ☐ 1 teaspoon salt

- ☐ 0.8 cup shortening
- ☐ 1 cup sugar white

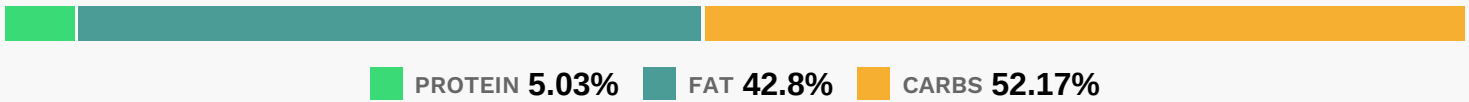
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl, stir together the flour, sugar, baking soda, salt, nutmeg and cinnamon.
- ☐ Cut in the shortening, until the mixture appears mealy. Stir in the egg, mashed banana and oatmeal until well blended. Drop by rounded spoonfuls onto an unprepared cookie sheet.
- ☐ Bake for 8 to 10 minutes in the preheated oven.
- ☐ Remove from baking sheet to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:8.03, Inflammation Score:-1, Nutrition Score:2.0439130430636%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg

Nutrients (% of daily need)

Calories: 97.88kcal (4.89%), Fat: 4.73g (7.28%), Saturated Fat: 1.17g (7.28%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.32g (4.48%), Sugar: 6.01g (6.67%), Cholesterol: 4.55mg (1.52%), Sodium: 82.14mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Manganese: 0.2mg (9.79%), Selenium: 3.35µg (4.78%), Vitamin B1: 0.06mg (4.1%), Folate: 12.04µg (3.01%), Fiber: 0.65g (2.6%), Phosphorus: 24.98mg (2.5%), Iron: 0.45mg (2.5%), Vitamin B2: 0.04mg (2.41%), Vitamin K: 2.4µg (2.29%), Vitamin E: 0.3mg (1.99%), Magnesium: 7.67mg (1.92%), Vitamin B3: 0.38mg (1.88%), Copper: 0.03mg (1.35%), Zinc: 0.2mg (1.35%), Vitamin B5: 0.13mg (1.26%), Vitamin B6: 0.02mg (1.02%)