



## Spicy Oatmeal Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



80 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 5 tablespoons butter softened
- 1 large eggs
- 0.8 cup flour all-purpose
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

- 0.5 teaspoon nutmeg whole grated
- 0.5 cup regular oats
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- blender
- measuring cup

## Directions

- Preheat oven to 35
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 7 ingredients (flour through pepper) in a medium bowl. Beat sugar, butter, and vanilla in a large bowl with a mixer at medium speed until light and fluffy.
- Add egg; beat well. Stir in flour mixture and oats.
- Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.
- Bake at 350 for 12 minutes or until crisp. Cool on pan 2 to 3 minutes or until firm.
- Remove cookies from pan; cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:10.63, Glycemic Load:2.56, Inflammation Score:-1, Nutrition Score:1.4291304271344%

## Nutrients (% of daily need)

Calories: 80.42kcal (4.02%), Fat: 2.73g (4.21%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 12.94g (4.71%), Sugar: 8.96g (9.96%), Cholesterol: 14.02mg (4.67%), Sodium: 71.6mg (3.11%), Alcohol: 0.06g (100%), Alcohol %: 0.36% (100%), Protein: 0.93g (1.87%), Manganese: 0.12mg (6.22%), Selenium: 2.6µg (3.71%), Vitamin B1: 0.04mg (2.64%), Folate: 8.9µg (2.23%), Iron: 0.37mg (2.05%), Vitamin B2: 0.03mg (1.92%), Vitamin A: 84.68IU (1.69%), Phosphorus: 16.56mg (1.66%), Fiber: 0.35g (1.38%), Vitamin B3: 0.27mg (1.33%), Calcium: 12.29mg (1.23%), Magnesium: 4.58mg (1.15%)