



Spicy Zucchini Oatmeal Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



104 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.7 cup brown sugar packed
- 0.7 cup brown sugar packed
- 0.5 cup butter softened
- 1 eggs
- 1.3 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves

- 1 cup oats quick
- 0.5 cup raisins
- 1 teaspoon vanilla extract
- 1 cup zucchini shredded

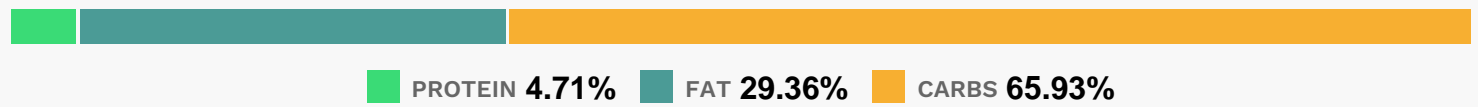
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease baking sheets.
- Stir together the flour, baking soda, cinnamon, and cloves in a bowl; set aside. Beat the butter and brown sugar with an electric mixer in a large bowl until creamy.
- Add the egg and the vanilla extract.
- Mix in the flour mixture and oats until just incorporated.
- Wring the zucchini in a clean towel to remove any excess moisture. Stir the zucchini and raisins into the dough; mixing just enough to evenly combine. Drop batter by rounded teaspoonfuls 2-inches apart onto the prepared baking sheets.
- Bake for 14 to 16 minutes or until the bottom edges turn golden brown.

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:4.94, Inflammation Score:-1, Nutrition Score:2.2143478089053%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 103.9kcal (5.19%), Fat: 3.47g (5.34%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 16.9g (6.14%), Sugar: 9.67g (10.74%), Cholesterol: 13.59mg (4.53%), Sodium: 48.65mg (2.12%), Alcohol: 0.05g (100%), Alcohol %: 0.19% (100%), Protein: 1.25g (2.51%), Manganese: 0.2mg (10%), Selenium: 3.32µg (4.74%), Vitamin B1: 0.06mg (4.06%), Folate: 12.37µg (3.09%), Iron: 0.55mg (3.06%), Magnesium: 11.16mg (2.79%), Vitamin B2: 0.05mg (2.67%), Fiber: 0.66g (2.64%), Phosphorus: 25.68mg (2.57%), Vitamin A: 111.05IU (2.22%), Vitamin B3: 0.39mg (1.95%), Potassium: 62.71mg (1.79%), Copper: 0.03mg (1.66%), Calcium: 14.36mg (1.44%), Vitamin B6: 0.02mg (1.16%), Zinc: 0.17mg (1.12%), Vitamin C: 0.87mg (1.06%)