



Steel Cut Oatmeal Walnut Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



22

CALORIES



265 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup tightly brown sugar dark packed
- ☐ 0.5 cup tightly brown sugar light packed
- ☐ 0.8 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 6.8 ounces flour organic all-purpose (King Arthur)
- ☐ 0.8 cup natural granulated sugar (evaporated cane juice)
- ☐ 2 cups old fashioned oats

- ☐ 0.7 cup raisins dark
- ☐ 1 scant teaspoon salt
- ☐ 0.7 cup bob's mill steel cut oats red
- ☐ 8 ounces butter unsalted softened (2 sticks)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts toasted coarsely chopped

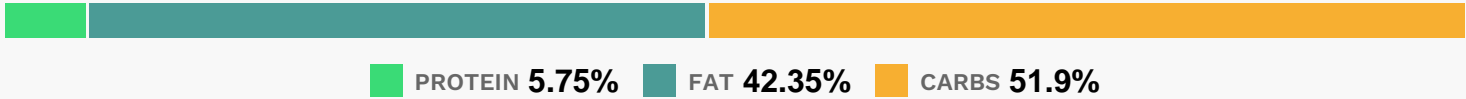
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ baking pan
- ☐ stand mixer

Directions

- ☐ Combine the flour, baking soda, salt and cinnamon and set aside. In a large mixing bowl, beat the butter until creamy.
- ☐ Add all sugars and mix just until blended, then add the egg and vanilla and mix until incorporated.
- ☐ Add the flour mixture by hand or using the lowest speed of a stand mixer. Stir in the oats, raisins and nuts. Using a generously heaping tablespoon, scoop up about 20 to 22 large balls of dough and arrange them on a cookie sheet or two plates side by side – no need to worry about spacing. Cover with plastic wrap and chill for a few hours or overnight. The texture improves if you chill the cookies longer. Preheat the oven to 350 degrees F. Line two baking pans with parchment paper. Meanwhile, let the dough come to room temperature for about 20 minutes. Arrange the dough balls about 3 ½ inches apart on baking sheets and press tops down slightly.
- ☐ Bake one sheet at a time for 12 to 15 minutes or until edges are brown and centers appear set.
- ☐ Let cool on the baking sheets for 5 minutes, then carefully transfer to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:9.98, Inflammation Score:-3, Nutrition Score:5.2721739489099%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg

Nutrients (% of daily need)

Calories: 264.9kcal (13.24%), Fat: 12.98g (19.96%), Saturated Fat: 5.84g (36.53%), Carbohydrates: 35.78g (11.93%), Net Carbohydrates: 33.58g (12.21%), Sugar: 16.79g (18.66%), Cholesterol: 30.62mg (10.21%), Sodium: 58.88mg (2.56%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 3.96g (7.92%), Manganese: 0.54mg (27.02%), Selenium: 6.31µg (9.02%), Fiber: 2.21g (8.82%), Vitamin B1: 0.13mg (8.48%), Copper: 0.15mg (7.38%), Iron: 1.31mg (7.27%), Phosphorus: 68.81mg (6.88%), Folate: 25.22µg (6.3%), Magnesium: 23.26mg (5.82%), Vitamin A: 271.16IU (5.42%), Vitamin B2: 0.08mg (4.99%), Vitamin B3: 0.73mg (3.64%), Zinc: 0.54mg (3.63%), Potassium: 117.49mg (3.36%), Vitamin B6: 0.06mg (2.82%), Calcium: 26.76mg (2.68%), Vitamin E: 0.34mg (2.25%), Vitamin B5: 0.21mg (2.13%), Vitamin D: 0.2µg (1.33%), Vitamin K: 1.07µg (1.02%)