



Sue's Oatmeal Macadamia Nut Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



157 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 2 eggs
- 1.5 cups flour all-purpose
- 0.5 cup macadamia nuts chopped
- 3 cups rolled oats
- 1 teaspoon salt
- 1 cup shortening

- 1 teaspoon vanilla extract
- 1 cup sugar white

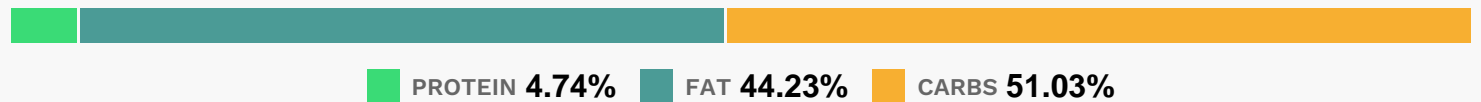
Equipment

- baking sheet
- oven

Directions

- Sift flour, resift with salt and baking soda. Stir in oats and nuts and set aside.
- Cream together sugar and shortening.
- Add eggs and vanilla.
- Add dry ingredients and beat til thoroughly mixed.
- Roll dough in waxed paper like logs, shaping as you roll. Refrigerate overnight.
- Unroll cookie dough and slice 1/4 inch thick and place on an ungreased cookie sheet.
- Bake at 350 degrees F (175 degrees C) for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:8.32, Inflammation Score:-1, Nutrition Score:3.1517391255854%

Nutrients (% of daily need)

Calories: 156.69kcal (7.83%), Fat: 7.85g (12.07%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 19.38g (7.05%), Sugar: 11.66g (12.96%), Cholesterol: 9.09mg (3.03%), Sodium: 101.07mg (4.39%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.89g (3.79%), Manganese: 0.36mg (18.15%), Selenium: 4.64µg (6.63%), Vitamin B1: 0.1mg (6.42%), Phosphorus: 41.92mg (4.19%), Fiber: 0.98g (3.93%), Iron: 0.69mg (3.84%), Magnesium: 13.75mg (3.44%), Folate: 13.11µg (3.28%), Vitamin K: 3.19µg (3.04%), Vitamin B2: 0.05mg (3.03%), Vitamin E: 0.42mg (2.78%), Copper: 0.05mg (2.66%), Zinc: 0.34mg (2.27%), Vitamin B3: 0.44mg (2.19%), Vitamin B5: 0.2mg (1.97%), Potassium: 48.67mg (1.39%), Calcium: 12.48mg (1.25%), Vitamin B6: 0.02mg (1.05%)