



Sunflower Oatmeal Cookies

 Vegetarian

READY IN



52 min.

SERVINGS



36

CALORIES



158 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup roasted and sunflower seeds salted
- ☐ 2 cups rolled oats

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

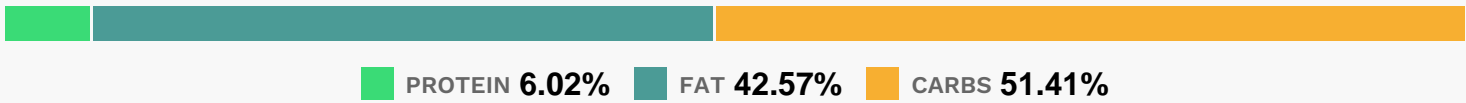
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, cream together the white sugar, brown sugar, and butter until smooth. Beat in the eggs one at a time, then stir in the vanilla.
- ☐ Combine the flour, baking powder, and baking soda; stir into the creamed mixture until just blended.
- ☐ Mix in the rolled oats and sunflower seeds. Stir in coconut if desired. Drop dough by heaping teaspoonfuls onto ungreased cookie sheets. Leave room for spreading.
- ☐ Bake for 10 to 12 minutes in the preheated oven, or until the cookies begin to brown around the edge. Allow cookies to set for a few minutes on the sheet before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:9.09, Glycemic Load:8.77, Inflammation Score:-2, Nutrition Score:4.2086956586851%

Nutrients (% of daily need)

Calories: 158.22kcal (7.91%), Fat: 7.65g (11.77%), Saturated Fat: 3.64g (22.77%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 19.75g (7.18%), Sugar: 11.68g (12.98%), Cholesterol: 22.65mg (7.55%), Sodium: 109.98mg (4.78%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 2.43g (4.87%), Manganese: 0.29mg (14.7%), Selenium: 7.51µg (10.73%), Vitamin E: 1.56mg (10.38%), Phosphorus: 76.5mg (7.65%), Folate: 24.32µg (6.08%), Vitamin B1: 0.09mg (5.9%), Copper: 0.1mg (5.02%), Iron: 0.77mg (4.28%), Fiber: 1.04g (4.16%), Vitamin B5: 0.39mg (3.94%), Vitamin B2: 0.07mg (3.9%), Vitamin A: 171.11IU (3.42%), Magnesium: 13.5mg (3.38%), Vitamin B3: 0.63mg (3.14%),

Zinc: 0.45mg (2.98%), Vitamin B6: 0.04mg (2.21%), Calcium: 17.93mg (1.79%), Potassium: 55.15mg (1.58%)