



The Best Oatmeal Cookies



Vegetarian



Popular

READY IN



90 min.

SERVINGS



36

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar
- ☐ 1 cup butter softened
- ☐ 3 eggs beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup pecans chopped
- ☐ 1 cup raisins

- ☐ 2 cups rolled oats
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

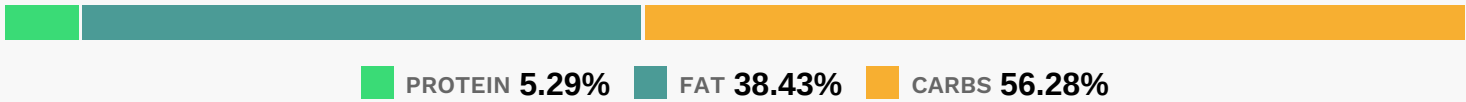
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ In a small bowl, combine the eggs, raisins, and vanilla. Cover and chill for 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream together the butter, brown sugar, and white sugar. In a separate bowl, combine the flour, salt, cinnamon and baking soda; add to the creamed mixture and stir until all of the dry ingredients are absorbed. Next, stir in the egg and raisin mixture, then stir in the rolled oats and pecans. Dough will be stiff. Drop by teaspoonfuls onto an unprepared cookie sheet.
- ☐ Bake for 10 to 12 minutes in the preheated oven, until the edges are golden. Allow cookies to cool 5 minutes on the baking sheet before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:11.42, Inflammation Score:-2, Nutrition Score:3.6743477816167%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 171.81kcal (8.59%), Fat: 7.52g (11.56%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 23.56g (8.57%), Sugar: 11.66g (12.96%), Cholesterol: 27.2mg (9.07%), Sodium: 174.5mg (7.59%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.33g (4.65%), Manganese: 0.35mg (17.55%), Selenium: 5.65µg (8.08%), Vitamin B1: 0.11mg (7.34%), Folate: 19.92µg (4.98%), Iron: 0.87mg (4.85%), Fiber: 1.21g (4.84%), Vitamin B2: 0.08mg (4.72%), Phosphorus: 46.21mg (4.62%), Copper: 0.08mg (3.79%), Vitamin A: 178.81IU (3.58%), Magnesium: 13.25mg (3.31%), Vitamin B3: 0.65mg (3.24%), Zinc: 0.39mg (2.61%), Potassium: 83.36mg (2.38%), Vitamin B5: 0.18mg (1.81%), Vitamin E: 0.24mg (1.61%), Calcium: 15.67mg (1.57%), Vitamin B6: 0.03mg (1.49%)