



Ultimate Oatmeal Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



36

CALORIES



133 kcal

DESSERT

Ingredients

- 1.3 cups brown sugar packed
- 1 cup butter room temperature (2 sticks)
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla
- 0.5 teaspoon salt
- 2 large eggs
- 3 cups oats

- 1.3 cups flour all-purpose
- 1 cup raisins

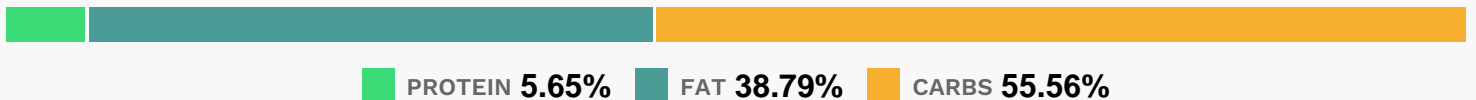
Equipment

- bowl
- baking sheet
- oven
- wire rack
- wooden spoon
- spatula

Directions

- Heat the oven to 350°F. In a large bowl, stir the brown sugar, butter, baking soda, cinnamon, vanilla, salt and eggs with a wooden spoon until well mixed. Stir in the oats, flour and raisins until mixed.
- For each cookie, scoop a rounded tablespoonful of dough, using a tableware spoon, and push it onto an ungreased cookie sheet with another spoon or rubber spatula, placing cookies 2 inches apart.
- Bake 9 to 11 minutes or until light brown.
- Remove cookies from cookie sheets to a cooling rack, using a turner. Cool cookie sheets 10 minutes between batches.

Nutrition Facts



Properties

Glycemic Index:5.66, Glycemic Load:6.84, Inflammation Score:-3, Nutrition Score:3.2613043532423%

Nutrients (% of daily need)

Calories: 132.64kcal (6.63%), Fat: 5.87g (9.03%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 17.87g (6.5%), Sugar: 7.54g (8.38%), Cholesterol: 10.33mg (3.44%), Sodium: 129.68mg (5.64%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Protein: 1.92g (3.85%), Manganese: 0.35mg (17.43%), Selenium:

4.84µg (6.91%), Magnesium: 21.73mg (5.43%), Vitamin B1: 0.08mg (5.27%), Vitamin A: 240.71IU (4.81%), Phosphorus: 46.26mg (4.63%), Fiber: 1.06g (4.25%), Iron: 0.74mg (4.11%), Vitamin B2: 0.05mg (3.14%), Folate: 12.2µg (3.05%), Copper: 0.05mg (2.49%), Potassium: 79.42mg (2.27%), Zinc: 0.3mg (1.97%), Vitamin B3: 0.39mg (1.93%), Vitamin E: 0.28mg (1.84%), Calcium: 15.37mg (1.54%), Vitamin B5: 0.13mg (1.28%), Vitamin B6: 0.02mg (1.25%)