



White Chocolate Raisin Oat Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 eggs

- ☐ 1 teaspoon orange extract
- ☐ 1 cup oats
- ☐ 1.5 cups baker's chocolate white chopped
- ☐ 0.5 cup golden raisins

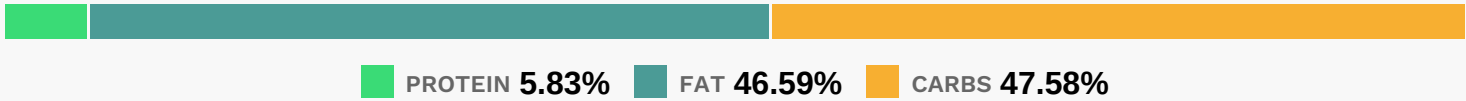
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Line cookie sheets with cooking parchment paper.
- ☐ In medium bowl, mix flour, baking soda, cinnamon and salt. In large bowl, beat butter and both sugars with electric mixer on medium speed until light and fluffy. Beat in egg and orange extract just until combined. On low speed, gradually add flour mixture and oats; beat until blended. Stir in white chocolate and raisins.
- ☐ Onto cookie sheets, drop dough by heaping tablespoonfuls 3 inches apart.
- ☐ Bake 13 to 15 minutes or until lightly browned. Cool 5 minutes; remove from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:8.23, Glycemic Load:6.28, Inflammation Score:-2, Nutrition Score:4.0056521416358%

Flavonoids

Catechin: 4.25mg, Catechin: 4.25mg, Catechin: 4.25mg, Catechin: 4.25mg Epicatechin: 9.36mg, Epicatechin: 9.36mg, Epicatechin: 9.36mg, Epicatechin: 9.36mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 121.85kcal (6.09%), Fat: 6.9g (10.62%), Saturated Fat: 4.16g (26.03%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 14.26g (5.19%), Sugar: 8.42g (9.36%), Cholesterol: 13.59mg (4.53%), Sodium: 43.3mg (1.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.28mg (1.76%), Protein: 1.94g (3.89%), Manganese: 0.42mg (20.9%), Copper: 0.24mg (12.12%), Iron: 1.56mg (8.65%), Magnesium: 27.68mg (6.92%), Fiber: 1.6g (6.38%), Zinc: 0.8mg (5.3%), Phosphorus: 48.74mg (4.87%), Selenium: 3.3µg (4.71%), Vitamin B1: 0.06mg (3.72%), Folate: 11.25µg (2.81%), Potassium: 95.07mg (2.72%), Vitamin B2: 0.04mg (2.62%), Vitamin A: 102.56IU (2.05%), Vitamin B3: 0.4mg (2%), Calcium: 15.13mg (1.51%), Vitamin K: 1.07µg (1.02%)