



## World's Best Oatmeal Cookies

 Dairy Free

READY IN



27 min.

SERVINGS



48

CALORIES



55 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.5 teaspoon vanilla extract

- ☐ 0.5 cup walnuts  chopped
- ☐ 0.3 cup sugar  white

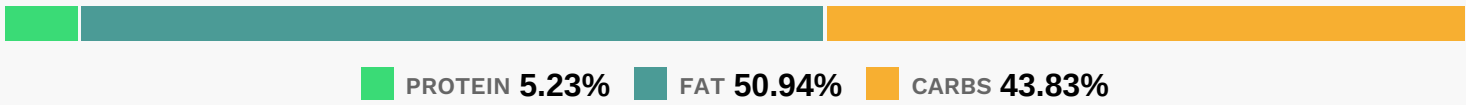
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, mix together the shortening, white sugar and brown sugar until smooth. Stir in the egg and vanilla.
- ☐ Combine the flour, baking soda and salt; stir into the batter until blended.
- ☐ Mix in oats and walnuts. Drop by teaspoonfuls, 1 inch apart, onto greased cookie sheet.
- ☐ Bake for 12 minutes or until lightly browned. Immediately remove cookies to wire racks and allow to cool.

## Nutrition Facts



## Properties

Glycemic Index:4.27, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:1.1178260797068%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

## Nutrients (% of daily need)

Calories: 54.51kcal (2.73%), Fat: 3.15g (4.85%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.79g (2.11%), Sugar: 3.33g (3.69%), Cholesterol: 3.41mg (1.14%), Sodium: 37.83mg (1.64%), Alcohol: 0.01g (100%), Alcohol %: 0.16% (100%), Protein: 0.73g (1.46%), Manganese: 0.12mg (5.91%), Selenium: 1.53µg (2.18%), Vitamin B1: 0.03mg (1.87%), Copper: 0.03mg (1.53%), Phosphorus: 15.16mg (1.52%), Folate: 5.76µg (1.44%), Iron: 0.23mg (1.29%), Magnesium: 5.01mg (1.25%), Fiber: 0.31g (1.22%), Vitamin K: 1.21µg (1.15%), Vitamin B2: 0.02mg (1.09%), Vitamin E: 0.16mg (1.05%)