



Big Fat Maple Cranberry Walnut Oatmeal Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



17

CALORIES



290 kcal

DESSERT

Ingredients

- ☐ 1.8 cups all purpose flour
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter room temperature
- ☐ 1.5 cups cranberries dried
- ☐ 2 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 2 teaspoons ground cinnamon

- ☐ 1 cup brown sugar dark light packed
- ☐ 0.5 cup maple syrup
- ☐ 1.8 cups old fashioned oatmeal instant (not)
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup walnuts toasted chopped

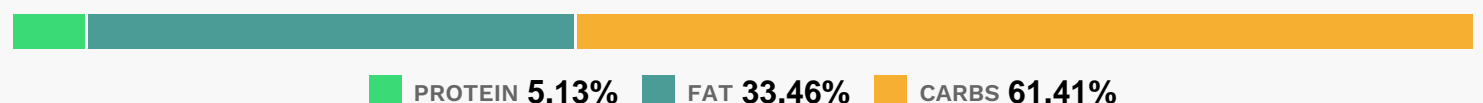
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F. and have ready a couple of parchment lined cookie sheets.Stir together flour, baking soda, salt and cinnamon and set aside.In a mixing bowl, beat butter and both sugars until fluffy.
- ☐ Add eggs and beat until combined. Stir in vanilla extract and maple syrup. By hand or using lowest speed of electric mixer, stir in flour mixture. When flour is absorbed, stir in oats, cranberries and walnuts.Using a quarter cup measure, shape dough into large mounds and place mounds 3 inches apart on lined cookie sheets (OR, you can do what I do and scoop out the individual mounds, chill them as mounds, then refrigerate or freeze the mounds until you are ready to cook them).
- ☐ Bake one sheet at a time for 15-17 minutes.
- ☐ Let them cool on the cookie sheet until firm enough to lift off, then allow them to cool completely on a rack.Makes 15 cookies

Nutrition Facts



Properties

Glycemic Index:18.65, Glycemic Load:13.77, Inflammation Score:-3, Nutrition Score:6.643478208262%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 289.91kcal (14.5%), Fat: 11.08g (17.05%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 43.87g (15.95%), Sugar: 30.28g (33.64%), Cholesterol: 36.24mg (12.08%), Sodium: 158.34mg (6.88%), Alcohol: 0.16g (100%), Alcohol %: 0.22% (100%), Protein: 3.83g (7.65%), Manganese: 0.76mg (38.03%), Vitamin B2: 0.23mg (13.61%), Selenium: 8.12µg (11.6%), Vitamin B1: 0.15mg (10.21%), Folate: 34.84µg (8.71%), Copper: 0.16mg (8.21%), Fiber: 1.91g (7.63%), Iron: 1.28mg (7.14%), Phosphorus: 71.01mg (7.1%), Magnesium: 24.81mg (6.2%), Vitamin B3: 0.98mg (4.92%), Zinc: 0.71mg (4.74%), Calcium: 40.25mg (4.03%), Vitamin A: 200.68IU (4.01%), Vitamin E: 0.52mg (3.48%), Potassium: 116.22mg (3.32%), Vitamin B6: 0.06mg (3.19%), Vitamin B5: 0.31mg (3.09%), Vitamin K: 1.67µg (1.59%), Vitamin B12: 0.06µg (1.06%)