



## Blissful Cranberry Cookies

READY IN



22 min.

SERVINGS



30

CALORIES



191 kcal

DESSERT

### Ingredients

- ☐ 7.8 oz all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup crystallized ginger finely chopped (use more if you like)
- ☐ 0.7 cup cranberries dried chopped
- ☐ 1 large eggs
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup brown sugar light
- ☐ 0.5 cup pecans toasted chopped

- ☐ 0.8 scant teaspoon salt
- ☐ 4 oz butter unsalted softened
- ☐ 2 teaspoons vanilla
- ☐ 0.5 cup regular vegetable shortening (Crisco)
- ☐ 9 oz chocolate white chopped

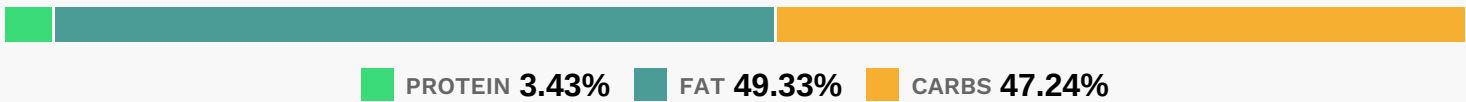
## Equipment

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

## Directions

- ☐ Preheat oven to 350 degrees F. Line a couple of cookie sheets with parchment paper.Beat butter, shortening and both sugars with an electric mixer until creamy.
- ☐ Add egg and vanilla and beat for about 30 seconds. Scrape sides of bowl and beat in salt and baking soda. If using, beat in ginger. Scrape sides of bowl again.
- ☐ Add flour and stir until it is almost mixed in, then stir in cranberries, pecans, white chocolate.Drop dough about 3 inches apart (these spread quite a bit) by tablespoonfuls onto cookie sheets.
- ☐ Bake for 12-14 minute or until edges are golden brown. Cool on cookie sheets for about 5 minutes, then transfer to wire racks.Makes about 30 cookies
- ☐ Cut out the ginger and crystallized ginger and change the pecans to pistachios.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:11.08, Inflammation Score:-1, Nutrition Score:2.5469565423934%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 191.23kcal (9.56%), Fat: 10.68g (16.43%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 22.49g (8.18%), Sugar: 16.83g (18.7%), Cholesterol: 16.11mg (5.37%), Sodium: 48.69mg (2.12%), Alcohol: 0.09g (100%), Alcohol %: 0.29% (100%), Protein: 1.67g (3.34%), Manganese: 0.16mg (7.92%), Selenium: 3.62µg (5.17%), Vitamin B1: 0.08mg (5.07%), Vitamin B2: 0.07mg (4.32%), Folate: 15.39µg (3.85%), Phosphorus: 32.2mg (3.22%), Vitamin E: 0.48mg (3.2%), Vitamin K: 3.15µg (3%), Vitamin B3: 0.55mg (2.74%), Iron: 0.49mg (2.72%), Calcium: 24.5mg (2.45%), Vitamin A: 106.96IU (2.14%), Fiber: 0.53g (2.11%), Copper: 0.04mg (2.08%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.22mg (1.47%), Potassium: 49.75mg (1.42%), Magnesium: 5.53mg (1.38%), Vitamin B12: 0.07µg (1.15%)