



## Cardamom-Cranberry Oatmeal Cookies

READY IN



50 min.

SERVINGS



24

CALORIES



147 kcal

DESSERT

### Ingredients

- 17.5 oz basic cookie mix
- 0.5 cup walnut pieces finely chopped
- 0.3 cup cranberries dried sweetened chopped
- 1 teaspoon ground cardamom
- 0.5 cup butter softened
- 1 tablespoon water
- 1 teaspoon vanilla
- 1 eggs

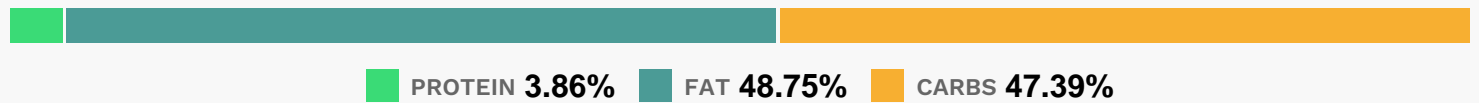
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 350°F. In large bowl, stir together cookie mix, nuts, cranberries and 1 teaspoon cardamom. Stir in butter, water, vanilla and egg until soft dough forms.
- Roll dough into tablespoonful-size balls; place about 2 inches apart onto ungreased cookie sheets.
- Bake 12 to 14 minutes or until set. Cool 2 to 3 minutes; remove from cookie sheets to cooling racks.
- Sprinkle with powdered sugar and cardamom.

## Nutrition Facts



## Properties

Glycemic Index:3.13, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.1817391169784%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 147.02kcal (7.35%), Fat: 7.87g (12.1%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 16.42g (5.97%), Sugar: 10.75g (11.94%), Cholesterol: 16.99mg (5.66%), Sodium: 54.89mg (2.39%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 1.4g (2.8%), Manganese: 0.11mg (5.54%), Fiber: 0.78g (3.11%), Vitamin A: 128.57IU (2.57%), Copper: 0.04mg (2.07%), Phosphorus: 13.46mg (1.35%), Vitamin B2: 0.02mg (1.18%), Vitamin E: 0.17mg (1.15%), Magnesium: 4.43mg (1.11%), Iron: 0.2mg (1.08%), Selenium: 0.74µg (1.05%), Vitamin B1: 0.02mg (1.03%)