



Chewy cranberry choc-nut cookie kit

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



282 kcal

DESSERT

Ingredients

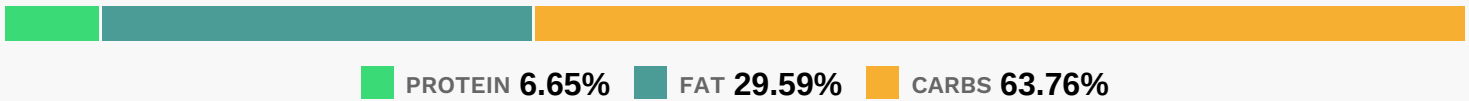
- ☐ 1 large juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) with a good screw lid (1 liter approx)
- ☐ 100 g sugar
- ☐ 100 g g muscovado sugar light
- ☐ 250 g self raising flour
- ☐ 85 g pinenuts roughly chopped
- ☐ 85 g cranberries dried
- ☐ 100 g chocolate white roughly chopped

Equipment

Directions

- ☐ Clean the jar and dry well.
- ☐ Layer in the ingredients, starting with the caster sugar, followed by the muscovado, flour, nuts, cranberries and finally finishing with the white chocolate. Close the jar, then add a label with baking instructions, plus a ribbon or pretty cover if you like.

Nutrition Facts



Properties

Glycemic Index:25.21, Glycemic Load:23.18, Inflammation Score:-2, Nutrition Score:6.3500000769677%

Flavonoids

Cyanidin: 3.95mg, Cyanidin: 3.95mg, Cyanidin: 3.95mg, Cyanidin: 3.95mg Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.18mg, Peonidin: 4.18mg, Peonidin: 4.18mg, Peonidin: 4.18mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 281.79kcal (14.09%), Fat: 9.48g (14.59%), Saturated Fat: 2.42g (15.11%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 44.72g (16.26%), Sugar: 26.33g (29.25%), Cholesterol: 2.1mg (0.7%), Sodium: 14.24mg (0.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Manganese: 0.98mg (49.22%), Selenium: 10.62µg (15.18%), Phosphorus: 92.06mg (9.21%), Copper: 0.17mg (8.69%), Magnesium: 30.19mg (7.55%), Vitamin E: 1.1mg (7.34%), Vitamin K: 5.99µg (5.71%), Zinc: 0.85mg (5.64%), Fiber: 1.24g (4.96%), Iron: 0.81mg (4.53%), Vitamin B2: 0.07mg (3.89%), Vitamin B1: 0.06mg (3.88%), Vitamin B3: 0.72mg (3.59%), Potassium: 124.64mg (3.56%), Calcium: 34.09mg (3.41%), Folate: 12.02µg (3.01%), Vitamin B5: 0.24mg (2.35%), Vitamin C: 1.31mg (1.59%), Vitamin B6: 0.03mg (1.59%)