



Chewy Cranberry-Oatmeal Cookies with Orange Icing

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



172 kcal

DESSERT

Ingredients

- 1 serving you will also need: parchment paper
- 0.8 cup butter softened
- 1 cup brown sugar light packed
- 2 eggs
- 2 teaspoons vanilla
- 2 teaspoons orange zest grated
- 2 cups oats

- 1 cup flour all-purpose
- 0.7 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 cup cranberries dried sweetened
- 1 cup powdered sugar
- 0.3 teaspoon vanilla
- 3 teaspoons orange juice

Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- hand mixer
- ziploc bags

Directions

- Heat oven to 350°F. Line cookie sheet with Reynolds Parchment Paper; set aside. In large bowl, beat butter, brown sugar, eggs, vanilla and orange peel with electric mixer on medium speed, or mix with spoon. Stir in remaining cookie ingredients.
- On lined cookie sheet, place cookies 2 inches apart.
- Bake 11 to 14 minutes or until golden brown.
- Remove from cookie sheet to cooling rack; cool completely, about 15 minutes.
- In small bowl, stir powdered sugar, vanilla and enough orange juice until thin enough to drizzle. Spoon into small resealable food-storage plastic bag; cut off tiny corner of bag. Squeeze bag to drizzle icing over cookies.

Nutrition Facts



■ PROTEIN 4.6% ■ FAT 33.88% ■ CARBS 61.52%

Properties

Glycemic Index:8.21, Glycemic Load:5.5, Inflammation Score:-3, Nutrition Score:3.468260879102%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 172.07kcal (8.6%), Fat: 6.63g (10.21%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 26g (9.45%), Sugar: 17.69g (19.66%), Cholesterol: 13.64mg (4.55%), Sodium: 106.02mg (4.61%), Alcohol: 0.13g (100%), Alcohol %: 0.38% (100%), Protein: 2.03g (4.05%), Manganese: 0.36mg (18.12%), Selenium: 5.38µg (7.68%), Vitamin A: 276.25IU (5.52%), Vitamin B1: 0.08mg (5.43%), Magnesium: 21.31mg (5.33%), Phosphorus: 46.53mg (4.65%), Fiber: 1.11g (4.43%), Iron: 0.72mg (3.99%), Folate: 13.93µg (3.48%), Vitamin B2: 0.06mg (3.33%), Vitamin E: 0.42mg (2.78%), Copper: 0.04mg (2.21%), Vitamin B3: 0.41mg (2.08%), Zinc: 0.31mg (2.08%), Calcium: 17.51mg (1.75%), Vitamin B5: 0.16mg (1.59%), Potassium: 55.62mg (1.59%), Vitamin B6: 0.02mg (1.12%)