



## Chocolate-Cran-Oat Cookies

READY IN



25 min.

SERVINGS



32

CALORIES



190 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter
- 1.5 cups cranberries dried
- 2 eggs
- 2 cups flour all-purpose
- 2 cups rolled oats
- 0.5 teaspoon salt
- 0.5 cup semi chocolate chips

- 0.5 cup chocolate chips white
- 1 cup flour whole wheat

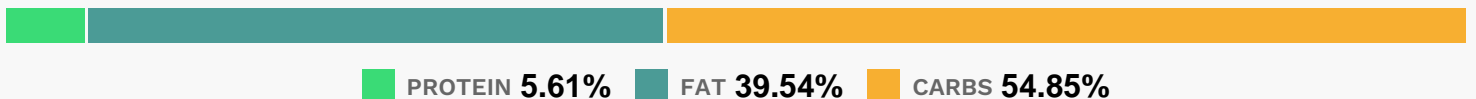
## Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Preheat oven to 375 degrees F (190 degrees C)
- In a medium bowl, cream together the butter and sugar. Beat in the eggs one at a time.
- Combine the rolled oats, flour, whole wheat flour, baking soda and salt; gradually stir into the creamed mixture. Finally, stir in the cranberries, white chocolate chips and chocolate chips. Drop by rounded spoonfuls onto the prepared cookie sheet.
- Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:7.34, Glycemic Load:6.64, Inflammation Score:-2, Nutrition Score:4.5043477739167%

## 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 Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 190.26kcal (9.51%), Fat: 8.56g (13.17%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 25.05g (9.11%), Sugar: 13.59g (15.1%), Cholesterol: 26.24mg (8.75%), Sodium: 125.61mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Manganese: 0.45mg (22.38%), Selenium: 7.83µg

(11.18%), Vitamin B1: 0.11mg (7.22%), Fiber: 1.66g (6.62%), Phosphorus: 62.74mg (6.27%), Iron: 1.02mg (5.66%), Magnesium: 20.46mg (5.11%), Folate: 19.34µg (4.83%), Vitamin B2: 0.08mg (4.62%), Copper: 0.09mg (4.6%), Vitamin B3: 0.79mg (3.96%), Vitamin A: 194.71IU (3.89%), Zinc: 0.48mg (3.21%), Vitamin E: 0.41mg (2.73%), Potassium: 81.74mg (2.34%), Calcium: 21.91mg (2.19%), Vitamin B5: 0.21mg (2.1%), Vitamin B6: 0.04mg (1.81%), Vitamin K: 1.59µg (1.52%)