

# Christmas Cookies in a Jar

 Vegetarian

READY IN



25 min.

SERVINGS



18

CALORIES



169 kcal

DESSERT

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.1 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.5 cup butter melted
- 1 cup cranberries dried
- 1 eggs
- 0.8 cup flour all-purpose
- 1 cup oats

- 0.1 teaspoon salt
- 0.3 cup sugar
- 1 cup vanilla white
- 1 teaspoon vanilla extract

## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a 1-qt. glass jar, layer the sugar and brown sugar, packing well between each layer.
- Combine the flour, baking powder, baking soda and salt; spoon into jar. Top with oats, cranberries and chips. Cover and store in a cool dry place for up to 6 months.
- Pour cookie mix into a large bowl; stir to combine. Beat in butter, egg and vanilla. Cover and refrigerate for 30 minutes.
- Drop by the tablespoonfuls 2 in. apart onto ungreased baking sheets.
- Bake at 375° for 8-10 minutes or until browned.
- Remove to wire racks to cool.

## Nutrition Facts



**PROTEIN 4.23%** **FAT 35.81%** **CARBS 59.96%**

## Properties

Glycemic Index:19.56, Glycemic Load:7.21, Inflammation Score:-2, Nutrition Score:2.8021739405458%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 168.84kcal (8.44%), Fat: 5.8g (8.92%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 20.93g (7.61%), Sugar: 14.12g (15.69%), Cholesterol: 22.65mg (7.55%), Sodium: 82.36mg (3.58%), Alcohol: 4.05g (100%), Alcohol %: 11.43% (100%), Protein: 1.54g (3.08%), Manganese: 0.28mg (13.88%), Selenium: 4.22µg (6.03%), Vitamin B1: 0.07mg (4.58%), Magnesium: 15.81mg (3.95%), Fiber: 0.92g (3.68%), Phosphorus: 36.45mg (3.65%), Vitamin B2: 0.06mg (3.43%), Vitamin A: 170.78IU (3.42%), Iron: 0.58mg (3.21%), Folate: 12.35µg (3.09%), Vitamin E: 0.35mg (2.32%), Vitamin B3: 0.44mg (2.2%), Copper: 0.04mg (2.04%), Calcium: 17.64mg (1.76%), Zinc: 0.24mg (1.59%), Potassium: 52.83mg (1.51%), Vitamin B5: 0.12mg (1.23%), Vitamin K: 1.12µg (1.07%)