



Cran-bear-y Bread Cookies

READY IN



45 min.

SERVINGS



78

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 1 cup cranberries fresh
- ☐ 1.5 cups cranberries fresh chopped
- ☐ 1 teaspoon cream of tartar
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup orange juice fresh
- ☐ 2 tablespoons orange rind grated

- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 2.5 cups sugar divided
- ☐ 1.5 cups walnuts chopped

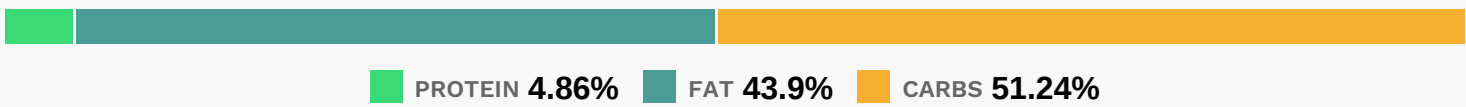
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat 1/2 cup shortening and 1/2 cup butter at low speed with an electric mixer until fluffy; add 1 1/2 cups sugar, beating until blended.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Stir together flour and next 6 ingredients; add flour mixture to butter mixture, beating at medium speed until blended.
- ☐ Add orange juice, beating until blended. Cover and chill 8 hours.
- ☐ Shape dough into 1-inch balls; roll balls in remaining 1 cup of sugar. (Dampen hands with water if dough is sticky.)
- ☐ Place on greased baking sheets. Press 1 fresh cranberry into top of each cookie ball.
- ☐ Bake at 350 for 10 to 12 minutes or just until edges begin to brown. Cool on baking sheets 1 minute.
- ☐ Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:5.76, Glycemic Load:7.34, Inflammation Score:-1, Nutrition Score:1.6073912965215%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.58mg, Peonidin: 1.58mg, Peonidin: 1.58mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 82.89kcal (4.14%), Fat: 4.16g (6.4%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 10.5g (3.82%), Sugar: 6.68g (7.42%), Cholesterol: 7.9mg (2.63%), Sodium: 46.78mg (2.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Manganese: 0.12mg (6.1%), Vitamin B1: 0.05mg (3.17%), Selenium: 2.19µg (3.13%), Folate: 11.97µg (2.99%), Copper: 0.05mg (2.32%), Vitamin B2: 0.04mg (2.1%), Iron: 0.33mg (1.85%), Phosphorus: 17.51mg (1.75%), Fiber: 0.41g (1.66%), Vitamin B3: 0.32mg (1.59%), Vitamin C: 1.08mg (1.31%), Magnesium: 5.12mg (1.28%), Vitamin E: 0.19mg (1.26%)