



Cran-Orange and Date-Nut Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



42

CALORIES



97 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup m&m candies chopped
- ☐ 0.3 cup dates coarsely chopped
- ☐ 2 tablespoons orange juice fresh
- ☐ 17.5 oz sugar cookie mix
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.3 cup butter softened
- ☐ 1 teaspoon orange zest grated
- ☐ 1 eggs
- ☐ 1 cup pistachios chopped
- ☐ 0.5 cup coconut flakes flaked

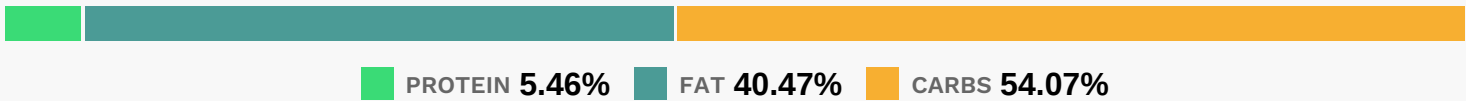
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. In small bowl, stir together cranberries, chopped candy, dates and orange juice; set aside.
- ☐ In large bowl, stir together cookie mix, flour, cinnamon and ginger. Stir in butter, orange peel and egg until dough forms. Stir in cranberry mixture, pistachio nuts and coconut until thoroughly mixed. On ungreased cookie sheets, drop dough by teaspoonfuls 2 inches apart.
- ☐ Bake 10 to 12 minutes or until edges are light golden brown. Cool 5 minutes; remove from cookie sheets to cooling racks. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:0.64, Inflammation Score:-1, Nutrition Score:1.3378260835357%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 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: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 97.45kcal (4.87%), Fat: 4.48g (6.89%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 12.81g (4.66%), Sugar: 7.88g (8.76%), Cholesterol: 4.08mg (1.36%), Sodium: 53.56mg (2.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Manganese: 0.08mg (3.94%), Vitamin B6: 0.06mg (2.86%), Fiber: 0.65g (2.61%), Vitamin B1: 0.04mg (2.53%), Copper: 0.05mg (2.52%), Phosphorus: 20.11mg (2.01%), Vitamin A: 87.01IU (1.74%), Iron: 0.26mg (1.44%), Magnesium: 5.27mg (1.32%), Potassium: 46.29mg (1.32%), Folate: 5.06µg (1.27%), Selenium: 0.88µg (1.25%), Vitamin E: 0.16mg (1.07%), Vitamin B2: 0.02mg (1.06%)