



Cran-Orange and Date-Nut Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



42

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.5 cup coconut flakes flaked
- ☐ 0.3 cup dates coarsely chopped
- ☐ 0.3 cup cranberries dried
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.3 cup cranberry–orange relish chopped
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 teaspoon orange zest grated
- ☐ 1 cup pistachios chopped
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz)

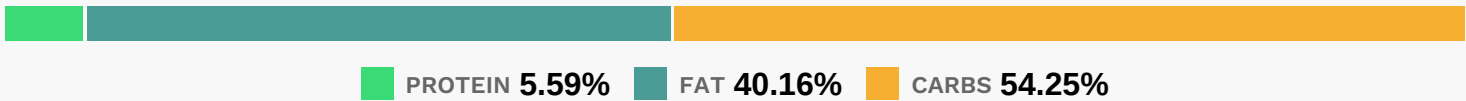
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. 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:5.82, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:1.3752173936885%

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: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 91.73kcal (4.59%), Fat: 4.19g (6.45%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 12.1g (4.4%), Sugar: 7.21g (8.01%), Cholesterol: 3.9mg (1.3%), Sodium: 52.71mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Manganese: 0.08mg (3.95%), Vitamin B6: 0.06mg (2.89%), Vitamin B1: 0.04mg (2.59%), Fiber: 0.64g (2.58%), Copper: 0.05mg (2.54%), Phosphorus: 20.26mg (2.03%), Vitamin A: 86.64IU (1.73%), Vitamin C: 1.23mg (1.49%), Potassium: 48.23mg (1.38%), Iron: 0.25mg (1.37%), Folate: 5.39µg (1.35%), Magnesium: 5.37mg (1.34%), Selenium: 0.88µg (1.26%), Vitamin B2: 0.02mg (1.09%), Vitamin E: 0.16mg (1.08%)