



Cran-Pistachio Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



48

CALORIES



81 kcal

DESSERT

Ingredients

- 1 serving you will also need: parchment paper
- 17.5 oz sugar cookie mix
- 1 box pistachio pudding mix instant (4-serving size)
- 0.3 cup flour all-purpose
- 0.5 cup butter melted
- 2 eggs
- 1 cup pistachios salted chopped
- 0.5 cup cranberries dried chopped

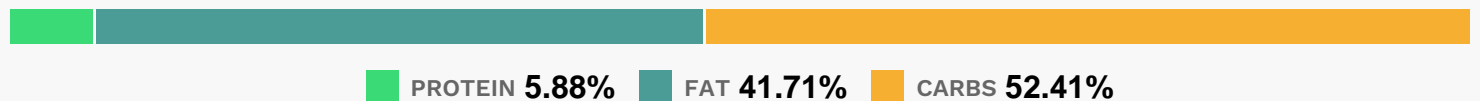
Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack

Directions

- Heat oven to 350°F. Line cookie sheet with Reynolds Parchment Paper; set aside. In large bowl, stir together cookie mix, pudding mix and flour. Stir in melted butter and eggs until soft dough forms.
- Add pistachios and cranberries; mix well.
- Using small cookie scoop or teaspoon, drop dough 2 inches apart on lined cookie sheet. Press with fingers to slightly flatten.
- Bake 9 to 11 minutes or until edges are light golden brown. Cool 2 minutes; remove from cookie sheet to wire rack. Cool completely. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.0747826096156%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg 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 Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 81.03kcal (4.05%), Fat: 3.82g (5.88%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 10.45g (3.8%), Sugar: 5.94g (6.6%), Cholesterol: 6.82mg (2.27%), Sodium: 54.95mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin B6: 0.05mg (2.38%), Vitamin B1: 0.03mg (2.32%), Vitamin A: 105.12IU (2.1%), Manganese: 0.04mg (1.96%), Copper: 0.04mg (1.82%), Phosphorus: 17.7mg (1.77%), Selenium: 0.98µg (1.4%), Fiber: 0.35g (1.4%), Folate: 5.06µg (1.26%), Vitamin B2: 0.02mg (1.21%), Vitamin E: 0.18mg (1.19%), Iron: 0.21mg (1.14%)