



Cranberry Chocolate Chip Cookies

READY IN



26 min.

SERVINGS



45

CALORIES



86 kcal

DESSERT

Ingredients

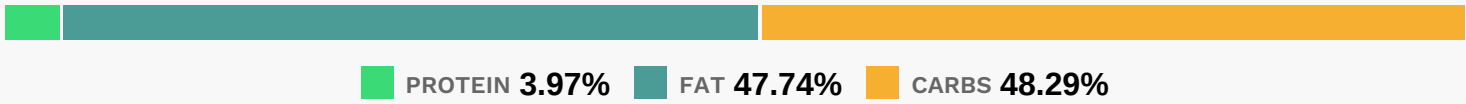
- ☐ 0.5 cup butter melted (1 stick)
- ☐ 0.8 cup cranberries dried
- ☐ 0.5 cup oats quick (Cooking)
- ☐ 0.8 cup semi chocolate chips
- ☐ 1 pack (I used Betty Crocker)
- ☐ 4 tablespoons water

Equipment

Directions

☐ Check Chewy Chocolate Chip Cookies for the procedure.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.6886956484421%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 86.18kcal (4.31%), Fat: 4.77g (7.34%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 10.2g (3.71%), Sugar: 6.26g (6.95%), Cholesterol: 5.6mg (1.87%), Sodium: 95.94mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.64mg (1.21%), Protein: 0.89g (1.79%), Manganese: 0.1mg (4.96%), Copper: 0.08mg (4.04%), Phosphorus: 38.18mg (3.82%), Iron: 0.67mg (3.71%), Magnesium: 11.18mg (2.79%), Fiber: 0.67g (2.67%), Selenium: 1.74µg (2.49%), Calcium: 17.56mg (1.76%), Folate: 6.32µg (1.58%), Vitamin E: 0.23mg (1.53%), Potassium: 53.55mg (1.53%), Vitamin B1: 0.02mg (1.45%), Vitamin A: 64.82IU (1.3%), Zinc: 0.19mg (1.29%), Vitamin B2: 0.02mg (1.16%)